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THE REFORMED
Practice of Medicine,

A Practical Treatise

ON THE PREVENTION AND CURE OF DISEASE, WITHOUT THE USE OF MINERAL OR VEGETABLE POISONS,

BY

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"FOREIGN PHYSICIAN,"

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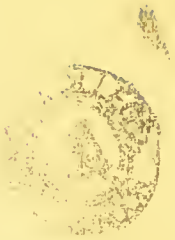
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PREFACE TO FIRST EDITION.

The success of my former efforts in spreading a knowledge of the advantages to be derived from the use of Botanic Medicines, and the appreciation and high commendation by the public at large of those humble efforts, induce me to again come before the inhabitants of these Isles, trusting that my present endeavour to still further extend the knowledge of the causes and effects of disease, the method by which disease is to be expelled from the system, and above all, the remedies which nature has bountifully provided for that purpose, will meet with equal success and public favour.

Far from presuming to be the originator of a new system, I claim but to be an humble follower of a great man (the late Dr. Samuel Thomson of America) the founder of the reformed school of medicine in the United States. The only merit I will claim for this work (a merit which I trust is justly due) is on the score of brevity, plainness and practicability. All technical terms and pedantic phraseology have been carefully avoided, so as to make the work of real utility to all classes of society alike.

In closing these remarks, I will express a hope that the reader of the following pages will, should the necessity arise, test for himself the principles therein enunciated; and that he may, through their instrumentality, be spared many days of sickness and pain—is the earnest wish of the

AUTHOR.

PREFACE TO TENTH EDITION.

In responding to the call for yet another edition of the *Reformed Practice of Medicine*, I do so with the greater pleasure, feeling assured as I do, that the former issues have conferred immeasurable benefits upon the many thousands who have already availed themselves of the advice, for the prevention and cure of disease, herein given.

A great number of individuals who were thoroughly unacquainted with even the simplest laws which govern health and disease, have acquired a knowledge which has enabled them not only to prevent disease and preserve health, but, in innumerable instances, actually cure maladies which would not yield to drugs, ordinarily employed by Allopathic Physicians.

Many are the causes and various the reasons why the Botanic practice has hitherto not been more extensively adopted. Prejudice, avarice, superstition, and a blind following of fashion has prevented many otherwise noble minds from the study of a subject both natural and useful; and thus the public have been taught to believe that a medicine is to be looked upon as merely a *simple*, unless it consists of the most deadly poison.

Much has already been done by the "*Reformed Practice of Medicine*" to remedy this state of things; but in order to still further facilitate the acquirement of the knowledge of many of the herbs valuable in domestic practice, I have now added a number of coloured illustrations, which will enable the reader, if so minded, to gather for himself those remedies which alone are capable of freeing us from that great destroyer of human happiness—disease.

34, *Boulevard*, *Hyson Green*,
Nottingham, 1895.

INTRODUCTION.

HEALTH! that word, the sound of which sends a thrill of joy through every human heart; the enjoyment of which is a blessing of priceless value; it is that without which this world or the pleasures of life cannot be appreciated. Yet, how few, *how very few*, can say that they are in perfect health, or that they never knew what it was to be *ill*.

Man was, no doubt, created by his Maker with such perfect relation and adaptation to the laws and conditions by which he was to be governed, that had he always lived in conformity with and obedience to them, he might have passed his infancy free from physical ills, enjoyed his youthful years with a vigorous body and buoyant mind, and his manhood in robustness of body and intellectual greatness, while through his declining old age he could walk from the zenith of life down to the tomb without having for travelling companions those pains, aches, burning fevers, palsies, and various other forms of debility and degeneration of body and mind. Then could man look forward to that state of immortality, towards which this land is but a stepping-stone, with some degree of satisfaction, having had something of a foretaste of the joy, if not the bliss, *there* to be realised.

Such being the desirable conditions in which man could and would have lived, had he always obeyed the laws of his being, it follows, as a matter of course, that a violation of those laws would result in an opposite condition; a condition which, instead of securing happiness, would inevitably be productive of misery and suffering.

The evidence to sustain the above is to be found in the constitutional wreck of at least nine-tenths of

the human family ; for such is at present the deplorable condition of at least the civilised portion of mankind, that not more than one in ten can say that he is in perfect health.

In view of the fact that many of the causes of disease, physical and mental debility, are well known to all intelligent persons, our allusions to them have been brief, while we hasten to notice those which are not so generally considered by the mass of mankind to have the effect of undermining the constitution, destroying health and shortening life.

The first cause of constitutional debility and predisposition to disease is hereditary taint, *a transmitted tendency* from parents to their children, "even to the third and fourth generation."

There are other causes which constantly operate towards the destruction of health, such as unwholesome food, want of sufficient exercise, impure air, intemperance in eating and drinking, the excessive or abnormal action of the animal passions, together with the poisonous and destructive means used as medicine, which have placed man in a condition so completely surrounded by enemies to health, that it behoves him to keep the most vigilant watch, lest he be smitten down, and cut off in the midst of his days.

The object of this work is to point out a safe, rational and efficient mode of treatment, without resorting to those substances which, in their very nature, are inimical to health ; to explain to the non-professional reader (in as simple and comprehensive a manner as is consistent with imparting accurate information) the medium through which disease of every kind is to be expelled from the system, and also the means (or medicines) to be employed in order to attain that desirable object.

CHAPTER 1.

Causes and Treatment of Disease in General.

In presenting to the reader the system upon which *our* practice is based, we do not intend to enter into an elaborate and scientific dissertation, of all the theoretical conjectures which have been from time to time advocated by the different schools of medicine; to do that, would be to far exceed the limits of this work, and thus defeat the object we have in view, viz.: to put before the public, in as concise a form as possible, the only rational mode by which disease, when present, can be expelled from the system.

The Author of our existence has wisely established certain laws in the animal economy, to guard and protect it from the inroads of disease, and when present, to remove it.

By these laws we mean an inherent power of the system to throw off any and every kind of matter which is foreign or injurious; or such a process as will bring about a healthy action in a diseased system. A little attention to our own body will show us that there are certain outlets in the system especially designed to carry off everything which, having served its purpose for the nourishment of the several parts of the body, would, if allowed to remain, act as an obstruction and irritation, and thus be incompatible with health.

When all these excretory organs properly and regularly perform their respective offices, the body may then be said to be in perfect health; on the other hand, if one or more of these organs cease to act, or act imperfectly, morbific derangement follows; and if not removed by proper treatment, inflammation and suppuration must naturally ensue.

The theory of our practice is, that all the actions which are termed "symptoms," and which are manifested during disease

are so many salutary processes set up by nature, in the endeavour to remove some morbific matter which is present in the system; and that consequently, the effort of the practitioner should be to aid these processes, by administering such remedies as are known to produce a healthy stimulation upon one or more of the outlets, through which alone the offending matter can be expelled.

We lay it down as a principle that medicine, to yield favorable results, must be given to act in harmony with the symptoms; that the efforts of nature are *always* salutary; that no treatment can be effectual and in accordance with the laws of nature, unless we recognise the fact, that Physicians, instead of resorting to violent, perturbing, and injurious medication, shall rather seek to wait upon *nature*, and assist her upon every possible occasion.

We shall briefly treat upon those several excretions or outlets, show their offices, and the consequences arising from their partial or total obstruction.

1.—*The Skin.*

"The whole body is covered and lined with this membrane, through which there are innumerable pores or openings, destined to carry off that which is not salutary or compatible with a healthy state of the system." By observing any part of the *body*, with a sufficiently powerful microscope, in the summer season, it will be found that there is a continual vapour arising from it, which, coming in contact with the atmosphere, becomes condensed and falls back in the shape of minute drops, constituting sweat or perspiration. This process is divided into *sensible* and *insensible* perspiration, the former being an augmentation of the latter and produced by exercise, &c. So long as the pores of the skin are kept moderately open, a certain quantity of effete matter is thus eliminated from the blood, leaving the latter pure and life-sustaining. But when the perspiration becomes checked by cold, &c., the humours thus engendered are retained, carried into the circulation of the blood, and settle upon some organ that is most predisposed to disease. We are convinced that the moment the pores of the skin become to any degree obstructed, derangement must succeed; the perspirable matter being transmitted to the Lungs, Brain, Kidneys, or other organs, causing inflammation and pain; or it may remain in the blood itself and cause general fever. This phenomena is strikingly illustrated in the eruptive diseases accompanied

with fever, as small-pox, measles, &c. The infection or contagion is carried into the blood through the medium of the lungs, and as soon as the blood becomes sufficiently impregnated with the specific virus, nature is aroused and makes an effort to expel the offending matter from the system. As soon as she accomplishes this object, the poison in these diseases is thrown copiously to the surface and appears in the form of vesicles or eruptions; and when it is thus expelled, the fever immediately subsides, but will reappear, if, from debility, cold, or other causes, the poison or humours should become re-absorbed. Thus, then, it will be seen, that in the treatment of all inflammatory diseases or fevers, the object we must keep in view is, not to debilitate the system by the abstraction of blood, or by other antiphlogistic means, but to aid nature in the endeavour to relieve the system of the foreign matter, through the medium of the pores of the skin, which, without doubt, play an important part in the animal economy.

If we take into consideration that nearly two-thirds of the fluid we take into the system is discharged by the skin, can we wonder that it is of primary importance that the greatest possible attention should be paid to it, both in health and disease? The only wonder is—considering the habitual neglect of some people to practice ablution regularly—that disease does not more generally prevail. Frequent, if not daily, ablution or washing is unquestionably the best preventative of disease; and if people would but devote one-tenth of the attention to their bodies that they do to their hands and face we feel sure that disease, instead of being the *rule*, would become an exception, and a vast deal of pain and suffering would be avoided.

2.—*The Bowels or Intestines.*

The bowels or intestines are also designed by nature to carry off much that is obnoxious or injurious to the system, and which does not serve the purpose of health or nutrition. Hence the diseases which arise from habitual constipation. It cannot be otherwise than that such a great quantity of extraneous and feculent matter lodged in the body, and perhaps absorbed, must disorder it. The effluvium arising from the operation of aperients is an evidence of the deleteriousness of retained alvine discharges.

All parts of the intestinal canal are liable to the destructive agency of retarded or suspended excretion, the stomach

is overpowered with most distressing dyspepsia: the small intestines are frequently griped, while he impeded ducts through which the bile ought to pass, are affected with constant spasm, and the distressing pain which so frequently attends upon gall stones. The large intestines have flatus pent up in them, which produces a sense of constriction; and *hæmorroids*, or piles are found at the verge of the anus. This last disease is a very common attendant upon constipation, and upon the efforts to free the stomach and bowels from accumulation; the sympathy existing between the rectum and the bladder, and the rectum and the urethra is so great that constipation will produce the most distressing symptoms in these organs.

A disturbance of the functions of the whole frame, if not immediate, must be the ultimate attendant upon collections of fæcal matter in the intestinal canal, and a vast variety of diseases may be traced to this source; and many that otherwise would but little disorder the system are very strikingly aggravated, tending to reduce the nervous power so as to preclude the possibility of reaction.

Not only do we find cathartic medicines possess a most energetic influence over the many diseases of the most aggravated character, but we find them necessary in almost every disordered state of the frame; they prevent the access of fresh symptoms, which almost invariably supervene when the equilibrium which seems to exist in the constitution is lost; and they prepare the system for the influence to be exerted by other remedies, many of which indeed, not only lose their power, but increase the mischief, if these agents have not been duly and cautiously premised. The evils that are attendant upon an inattention to the due unloading of the bowels, almost surpass the common belief; yet they are manifold, for almost every organ in the system sympathises, directly or indirectly, with the digestive and excretive powers, when they are impeded; and sooner or later the ill-effects will be manifested.

It is a matter of astonishment to find that, within the memory of man, individuals suffered weeks to elapse without the slightest attempt to obtain an evacuation, and that they constantly sought to restrain the urgent entreaties of nature. Nature in such cases ceases to make efforts for the expulsion of the collected fæces; they at last become indurated, and whenever it is found absolutely necessary to expel them, the discharge of the mass is almost as painful as parturition. The

first indication of the ill-effects of this neglect is fœtor of the breath, sometimes an indescribable odour of the skin, foulness of the tongue, constant headache, and these are followed by various derangements of the functions of the body, and each portion of the alimentary canal, from the stomach to the rectum, exhibits some signs of disorder; those, from the dyspepsia of the first of these organs, may be traced even to hæmorroids or piles at the verge of the anus, and various morbid conditions that occur, may be distinctly pointed out. Nor is it the corporeal powers alone which suffer; there are manifold symptoms of the influence upon the functions of the mind, upon the temper, and upon the feelings—disease of the brain may even occur.

3.—*The Kidneys and Bladder.*

It is of the very first importance that this outlet, though placed as third on the list, should nevertheless receive great attention both in health and disease. The disorders to which these excreting organs are subject we will treat elsewhere; but it is necessary that we should impress it upon the mind of the reader, that important as the first and second outlets unquestionably are, this one is deserving of even greater care and consideration, being of a more delicate and complicated nature than the former, and more difficult to cure when disease has been allowed to establish itself. The kidneys are two semi-oval bodies, situated in the lower part of the back, and connected with the bladder by two tubes called *ureters*, through which the urine—having been eliminated from the blood by the kidneys—passes into the bladder drop by drop, until the latter becomes extended nearly to its full.

A certain degree of irritation is then produced upon the neck of the bladder, and a desire is felt to relieve that viscus; and if the call of nature be at once attended to, no obstruction is offered to the free passage of the fluid through the *ureters*. But, on the other hand, if the bladder is not emptied when the desire occurs, it will become *over* extended and impede the flow of urine into it, thus incalculable mischief will be done, not only to the kidneys, but the bladder itself.

We have stated that the kidneys secrete the urine from the blood; and in the healthy individual the average quantity of fluid that passes through the kidneys in twenty-four hours is about forty-eight ounces; this quantity, however, may be increased or diminished by the abstinence or intemperance of the individual, general disorder of the system, &c. But the

principal cause of a scanty discharge of urine is the inability of the kidneys through obstruction or weakness to secrete it, and so force the blood to carry a certain quantity of matter through the system, to mix with and contaminate the other humours, to the great detriment of health, or even life itself. By these means, dropsies, in whatever part of the body located, are caused; and through this also are many diseases of the skin caused, and their cure retarded.

It is a very common thing to hear people complain of the inaction of their bowels; how much they suffer unless they resort to medicines which increase the peristaltic motion of them. We also frequently hear of the stomach, the liver, and the lungs as being disordered, sluggish, or affected; but the parts under consideration are entirely neglected, or only seldom thought of. It would be preposterous to suppose that glands so delicately and wonderfully constructed, of so sensitive a nature that the smallest particle of gravel cannot pass through them without giving excruciating pain, should always and for ever perform important duties without the liability, in common with the other organs of the body, to become obstructed or affected; and yet, as a rule, but very slight attention is paid to this most important and necessary outlet.

4.—*The Stomach.*

The stomach is another organ by which nature expels morbific agents. When violence has been done by overloading it, or when anything poisonous or dangerous has been received, or when any contaminating fluid is poured into it, or when it becomes unhealthy or diseased from any cause whatever, the peristaltic or regular motion of it is inverted, *vomiting* commences, and its contents are discharged, its tone restored, and health follows. Thus we see that this organ is designed to eliminate deleterious agents, and constitutes, therefore, an important outlet.

5.—*The Lungs.*

The lungs are also an important outlet, which serve the purpose of secreting from the blood offensive agents. They not only throw off carbonic acid gas, but likewise mucus, and when they become diseased, more especially, they cast off pus or phlegm, which, if retained, would cause suffocation. Hence we see in pulmonary diseases an effort of nature to effect a cure through their medium.

Inasmuch, then, as health depends upon each and all of these performing their respective offices, it follows that when any of them become torpid, or cease to perform their duties, that morbid excitement must be the consequence, and this shows in a most striking light the proximate cause, of most diseases at least, being nothing more or less than the retention in the system of morbific perspirable matter, producing irritation, morbid action, and a deviation from health. These humours are taken into the system through the medium of the air, food or drink. The air breathed is returned loaded with watery vapour, which is calculated in amount to nearly twenty ounces a day, from which we learn the injurious effects arising from its obstruction.

Although the symptoms of complaints in general are very different, yet this is not owing to the exciting cause (this being similar), but to the peculiar structure or tissue of the organ which is the seat of the disease. If therefore, this fluid (meaning perspirable matter) should be stopped or considerably lessened, and thereby be transferred to any inward part, it must occasion some dangerous complaint. In fact, this is one of the most frequent causes of disease.

The lungs are the great exhalant and ventilator, as it were, of the blood. Through them all the morbific effluvia of the body are oliminated, more copiously than by all the other excretory organs. The most virulent contagions pass out with the breath, and are diffused through the atmosphere. It cannot therefore be difficult to conceive that by the pulmonary exhalation becoming habitually acrimonious or stimulant, and by the mucous secretion of this organ being impregnated with stimulant matter, it should be the first to suffer. We see the same thing happen to the kidneys, when the urine is impregnated with poisonous or acrimonious matter, introduced through the stomach, as sublimate, cantharides, or turpentine. What wonder, then, that under these circumstances the lungs are at times converted into scrofulous masses? or that other parts undergo more active inflammation and consequent suppuration? that some of the vessels give way in a part which is so eminently vascular? that the glands of the mucous membrane are excited into increased activity, in consequence of which the cough and expectoration becomes perpetual?

CHAPTER 2.

On Steaming as a means of preventing and curing disease.

The use of steaming is to apply heat to the body when the latter is deficient of that element; it is of the utmost importance in cases of sudden illness, cold, suspended animation from drowning, a fall, or blow, and is of great assistance in relaxing the pores of the skin, promoting perspiration, equalising the circulating of the fluids of the body; and expelling cold and effete matter which obstructs the due action of the several organs of the human economy.

In all cases where the heat of the body is so far exhausted as not to be rekindled by stimulating medicines within a short time, heat applied by steaming becomes indispensably necessary; as nothing will as quickly and effectually reanimate the sinking powers of the body as a moist heat, which must, however, be regulated according to the strength of the patient, and maintained as the case may require.

The method that should be adopted, and which has always answered the desired object, is as follows: Take several stones of different sizes, and put them in the fire till red hot, then take the smallest first, and put it in a pan or kettle of hot water, with the stone half immersed. The patient must be undressed, and a blanket put around him so as to shield his whole body from the air, and then place him over the steam. Change the stones as often as they grow cool so as to keep up a lively steam; keep the patient over it, and if he is faint throw a little cold water on the face and stomach, which will let down the outward heat and restore the strength. After he has been over the steam long enough—which will generally

be about fifteen or twenty minutes — he must be washed all over with cold water, and put into bed, or may be dressed as the circumstances of the case may permit. Before he is placed over the steam, give a dose of composition Powder to raise the inward heat. When the patient is too weak to stand over the steam it may be done in bed, by heating three stones and putting them in water till done hissing, then wrap them in a number of thicknesses of cloth, wet with water, and put one on each side and one to the feet, occasionally wetting the face and stomach with cold water when faint.

Many other plans may be contrived in steaming, which would make less trouble, and be more agreeable to the patients, especially when unable to stand over the steam. An open worked chair may be made, in which they might sit and be steamed very conveniently, or a settee might be made in the same manner, on which they might be laid and covered with blankets, so as to shield them from the surrounding air. Such contrivances as these would be very convenient, no doubt, but for ordinary purposes the above directions will be sufficient to attain the object in view.

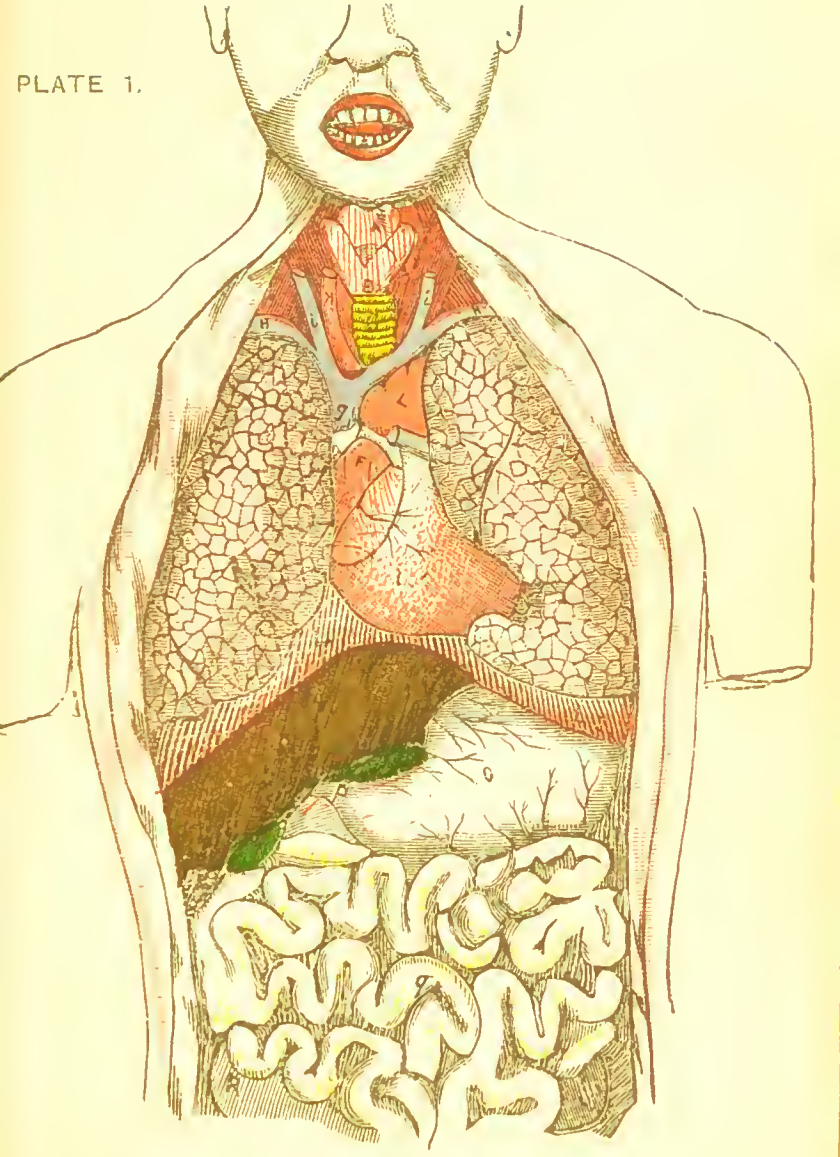
Steaming is of the utmost importance in cases of suspended animation, after long immersion in water, in which case place the body over a moderate steam, shielded by a blanket from the weight of the external air. Pour into the mouth some of the compound tincture of Lobelia, and if there is any internal heat remaining, there will be muscular motion about the eyes, and in the extremities. If this symptom appears, repeat the dose several times, and renew the hot stones, raising the heat by degrees; if the outward heat is raised too suddenly, so as to over balance the inward, you will fail in the desired object, even after life appears. This is the only danger of any difficulty taking place—always bear in mind to keep the fountain above the stream, or the inward heat above the outward, and all will be safe. After life is restored, put him in bed and keep the perspiration free for twelve hours, by hot stones wrapped in cloths wet with water, occasionally giving the tincture in ten or twenty drop doses in warm composition tea as before mentioned; the coldness and obstructions will be thrown off, and the patient restored to the enjoyment of his natural strength. Beware of bleeding or blowing in the mouth with a bellows, as either will generally prove fatal.

The application of heat to the body by steam in the manner here described, is more natural in producing perspiration than any dry heat which can be applied in any manner whatever; dry heat will only serve to dry the air and prevent perspiration, whereas the steam raised from water or vinegar will promote it, and add natural warmth to the body, thereby increasing the life and motion which have lain dormant in consequence of the cold.

The use of steaming is to apply heat to the body where it is deficient, and clear off the obstructions caused by cold, which the operation of medicine will not raise heat enough to do, for as the natural heat of the body becomes lower than in the natural state of health, it must by art be raised as much above it as it has been below; and this must be repeated until the digestive powers are restored sufficiently to retain the heat. Then the health of the patient will be restored by eating and drinking such things as the appetite shall require. In this way, medicine removes disease, and food, by being properly digested, supports nature, and continues that heat on which life depends.

While upon this subject, I think it well to remark that, although steam or vapour baths constitute an integral portion of the "Thomsonian" or Botanic Practice, yet in the majority of cases of chronic or long-standing disease, this is not found to be absolutely necessary; and that is only in acute diseases, as rheumatic or other fevers, inflammation, or any sudden attack which requires prompt and energetic treatment, that this mode of applying heat to the body—in order to relax the pores of the skin and equalise the circulation through the congested vessels—is imperatively called for.

PLATE 1.



VISCERA

CHAPTER 3.

Fevers in General.

If the remarks (Chapter 1) have been read with ordinary care and attention, it will be perceived that the general disturbance in the system, denominated fever, is, like every other disease, the effect of obstruction of one or more of the outlets of the body. We do not deny that in this disease, different symptoms, or symptoms of various degrees, do manifest themselves. But this, we maintain, is mainly owing to the nature of the obstruction, and the extent to which the excretory organs are obstructed.

If we take the fever attending small-pox as an example, we will find that before the eruption is developed, the symptoms in this disease are precisely similar to those of any other fever, in its early stage; and no physician, however eminent, would venture to affirm positively that the symptoms are those of small-pox and nothing else. Unless an "epidemic" of this disease were raging in the neighbourhood, he would discreetly wait until certain signs (eruptive or otherwise) have made their appearance, before giving the disease a *name*.

We have before us, while writing this chapter, the work of a very eminent medical writer, an English physician of great allopathic repute. In the course of a lengthened description he divides fevers into over thirty species or kinds; but when speaking of "Typhus Fever"; he is constrained to make the following remark:—"In the early stages, and in the whole course of mild cases, it is particularly necessary to beware of doing too much—of interfering too actively with nature. It ought to be remembered that we are able to treat, but cannot cure these maladies any more than we can cure small-pox or measles; and therefore our aim must be to keep the patient alive until the fever poison has expended itself."

We quote the above remarks as they bear out in a striking manner what we have already stated, viz.:—that in order to cure the patient, the obstruction, or the "fever poison," must be removed from the system. Now, if it could be depended upon, that the *vis vitæ*, or the natural powers of life, would not collapse under the depressing influence of the offending virus, all that we should require would be to wait until the fever poison has "expended itself." But, whereas in disease, the vital recuperative principle is *always below par*, it is our duty—not only to keep the patient alive—but to assist the natural powers of the system in the endeavour to expel the offending cause through one or more—and if necessary—through all the outlets of the body.

Having established that our theory, as regards cause and effect, is but natural and philosophical, we will proceed to point out the means to be employed in the treatment of fever. These means can be modified according to the severity or otherwise of the attack; but the principle here laid down is applicable to to every form of acute disease.

1st—To equalise the circulation of the blood, the patient should be put to bed, and hot bricks, wrapped in flannel, put to his feet and sides.

2nd—A strong infusion of bayberry bark, catnep, penny-royal, camomile flowers, or boneset (if the last two are used, a little cayenne or ginger must be added) should be administered hot, at short intervals, until a general warmth pervades the whole body.

3rd—To cleanse the stomach, an emetic should be prepared and administered as follows:—

Pulverised Lobelia Herb	...		¼ ounce
,, Boneset	...	...	¼ ounce
Composition Powder	...	...	½ ounce
Boiling Water	...	..	1 pint

Stir it well, and, when settled, give a wineglassful of the tea every ten minutes until vomiting commences, continuing meanwhile with hot infusions or composition tea.

4th—After the operation of the emetic, a little plain gruel or beef-tea may be allowed: the bricks replaced by hot ones, wrapped as before, but the flannel or cloth sprinkled with vinegar and water, and the patient allowed to rest undisturbed until free perspiration takes place, which should be kept up for some hours. He may then be sponged all over with tepid vinegar and water, wiped dry with a

coarse towel, put on clean linen, take some warm gruel, and return to bed.

5th—The bowels should also be attended to. For that purpose two or three Compound Rhubarb Pills should be given after the operation of the emetic, or if an immediate evacuation be desirable, an injection (composed of half pint of thin warm gruel, and half ounce each of Tincture of Myrrh and Tincture of Lobelia) should be administered, and, if necessary, repeated.

If the above rules are acted on—modified, as we stated, to suit the case—little else will be required than to support the patient by nourishing food, pure air, and due attention to cleanliness. We need scarcely add that it is of the utmost importance that the sick room should be kept properly ventilated, and, if need be, disinfected.

Tonic medicines should never be used while any febrile symptoms are apparent: on the cessation of these, the compound, No. 6, will be found to act admirably in every case where a tonic and nervine is required.

If the bowels are costive or act irregularly, two or three of the Indian Pills should be taken at bed time until regular and natural evacuations are established.

Intermittent Fever.

The name of intermittent, or ague, is applied to that kind of fever which consists of a succession of paroxysms or periods, between which there is a distinct intermission, and during which the patient feels only the lassitude resulting from debility. The intervals between these paroxysms may extend to twenty-four, forty-eight, or seventy-two hours, but usually the fit comes on at regular hours of the day, and lasts until the patient has gone through the three stages into which ague is divided, viz.:—the *cold*, the *hot*, and the *sweating* stage.

The treatment in this disease must be adapted to the different stages or symptoms that manifest themselves, and the plan indicated above, together with the administration of tonics (No. 5 or 6) during the intermittent stages, will be found to act favourably in every case.

CHAPTER 4.

Diseases affecting the Chest, Lungs, and Bronchial Tubes.

Catarrh or Cold.

This affection is of such common occurrence that it is apt to be too lightly treated or wholly ignored; and yet, no disease is fraught with greater danger. Many lingering and fatal diseases are the consequence of this every day malady. Fever, rheumatism, pleurisy, inflammation of the lungs, and consumption are all more or less traceable to the simple cold, which, if promptly attended to, would have been subdued with a few doses of hot composition tea, or simple herb infusions, such as sage, yarrow, spearmint, calamint, &c. A severe form of catarrh or cold sometimes prevails epidemically, and is popularly called influenza. This differs from the ordinary catarrh only in the severity of the symptoms—the cough attending the common cold is in this case more troublesome; the expectoration profuse and frothy, and in the latter period of the disease, thick, yellow, or even greenish. Catarrhal affections, like other forms of disease, are caused by obstruction, exposure to damp or cold, wet feet, damp clothing, or a sudden change from an inordinately hot apartment into the cold air. These are the principal causes of the pores of the skin becoming closed, and the perspiration checked. This, in a great measure, will point out the treatment necessary for a common cold or catarrh, viz.:—composition, or any of the stimulating infusions above-mentioned, to restore the due action of the skin, and the American globules to allay the irritation of the bronchia, &c. But in the more severe attacks of this complaint, or if the cough is very troublesome and obstinate, of long standing and complicated, or threatening to attack the substance of the lungs, pleura, or the minute air cells ramifying the lungs, either of the Nos. 1, 2, or 4, will be found to at once

check the progress of the disease, promote the expectoration of mucous or phlegm, and restore the parts to their natural and healthy condition.

Asthma and Bronchitis.

Asthma.

This disease is located in the upper portion of the respiratory organs termed "Bronchia," the mucous membrane of which is the principal seat of irritation and congestion. It is unnecessary to again recount the causes of this disease, having already done so when treating of the five outlets of the body.

Suffice it to say that this disease is principally caused by obstructed perspiration, though, if a predisposition to asthma exists, other causes may produce similar undesirable effects. Cold, however, has been found to be especially inimical to the chest and lungs. If there be any occasional causes which can bring on convulsive asthma it is certainly external cold—that unrelenting enemy to the respiratory organs.

The symptoms of asthma are characterised by frequent, difficult and short respirations, wheezing, stricture of the chest, and cough—all of which are aggravated when in a recumbent position. Frequently the patient will have an attack at night, when he will be awakened with a sense of constriction and suffocation. He breathes with a peculiar whistling sound, and makes violent efforts to force something out of the lungs which impedes his breathing. Sometimes the paroxysm is so severe that he is in danger of being suffocated by the spasmodic contraction of the bronchia, but more often, after a fit of coughing, of varying length and severity, the patient is for a time relieved by the expectoration of phlegm or mucous, which in some cases is scanty, while in others it is profuse.

This is a short description of the general symptoms of this disease, but others may manifest themselves in different individuals. The treatment, however, must be directed in every case to the removal of the cause of irritation and to the strengthening of the parts affected.

There are many botanic remedies which may be used either by themselves or in combination, with signal advan-

tage, such as horehound, hyssop, boneset, liquorice, aniseed, lobelia, coltsfoot, lungwort, pleurisy-root, blood-root, ipecacuanha, &c., all of which, either by themselves or in combination, are excellent pectorals. But as a compound medicine, calculated to act upon the several excretory organs, as well as the one under consideration, we know of nothing better than the Compound No. 1 or 3, which, if properly prepared, will certainly give relief, even in the most confirmed cases of asthma, especially if taken in connection with the "American Globules," as directed under that head.

Bronchitis.

The symptoms of this form differ from the above in many respects. In this case the membrane lining the bronchia or wind-pipe is inflamed, causing tightness and oppression of the chest, cough and feverishness. The breathing becomes short and difficult, attended with a wheezing or rattling sound, and the expectoration scanty, or entirely absent.

The treatment of chronic bronchitis should be the same as in asthma; the acute form, however, requires prompt attention. To relieve the stomach and relax the affected part, an emetic should be administered (as directed in the preceding chapter), and, if necessary, a steam bath applied.

When the inflammatory symptoms have subsided, adopt the treatment as directed for asthma.

Pleurisy.

This is an inflammation of the membrane that lines the internal surface of the chest, and is called the pleura. This membrane also forms the external coating of the lungs. Any portion of the pleura is liable to become affected, but that on the right side is more commonly the seat of the disease.

The symptoms of pleurisy are, hurried and short breathing, a sense of heat or pain in the region of the lungs, dry cough, which causes excruciating pain in the affected part, and a general disturbance of the system, feverishness, &c.

Treatment.

An attack of pleurisy will, in general, yield to warm stimulating tea, small doses of *lobelia inflata*, and a vapour or footbath to excite perspiration and equalise the circula-

tion—taking care that the patient is not exposed to cold or dampness.

The compound, No. 3, or the pills, No. 28, are excellent remedies in this complaint, which, however, should be continued for some time after the pain has ceased.

A poultice composed of three parts of crushed linseed and one part of mustard, should be applied to the seat of the pain, and repeated, if necessary.

Quinsy.

This term is applied to a sudden inflammation and swelling of the tonsil gland, situated on each side of the throat, and behind the root of the tongue. It differs from the ordinary sore throat by the severity of the symptoms, and rapidity of swelling. The patient is unable to swallow any solid food, and there is great difficulty of breathing. Feverishness and general disturbance of the system are apparent in this case, whereas, in the ordinary sore throat the latter symptoms are not present, or only slightly marked. The treatment, however, is similar in both cases: frequent doses of warm composition tea, warm poultice to the throat, and, in bad cases, inhalation of steam; mild aperient or emolient injections to relieve the bowels, constitute the principal treatment. Small doses of lobelia infusion will assist the operation, but in mild cases this is unnecessary.

The patient must be supported by light nourishing food such as beef-tea, sago, rice, &c., until the swelling has subsided, or suppuration ensued.

Quinsy is caused principally by debility of the system; this will indicate the after treatment of this complaint, and also the prevention of its recurrence. (See Compounds No. 6 and 7.)

Whooping Cough.

This disease commences like an ordinary cold or catarrh, with langour, sneezing, hoarseness, cough, and occasionally oppression in breathing. The tongue is mostly contracted and pointed, and of a darker colour than natural, and is, in most instances, nearly clean, or very slightly coated.

Treatment.

Throughout the entire course of this disease the treatment should be adapted to the character of the symptoms.

nauseating doses of ipecac promote expectoration, generally ease the cough, quiet restlessness, and promote the secretions of the skin. In bad cases, when the breathing is much oppressed, or the patient is very restless, an emetic will be proper.

The "American Globules" are admirably adapted for this complaint, also for the prevention and mitigation of many of the diseases to which infancy is liable.

Consumption.

Such is the prevalence, and such the magnitude of this complaint, that if there is any one disease upon which more labour and attention should be bestowed than on another, it is the one under consideration. When we reflect that in this country alone, close upon eighty thousand individuals, the fairest and most lovely of our species, are annually swept off by this fell destroyer; if we consider the pain, misery, and desolation caused in thousands of families by this one disease, its paramount importance will be forcibly impressed upon the mind of the reader. In order to form some estimate of the mortality of the victims to this scourge of our race, we need only refer the reader to the annual report of the Registrar-General, the figures of which will convince him beyond a doubt that no disease, of whatever name or nature, is so much to be dreaded as the fatal and unrelenting *phthisis pulmonalis.*

Symptoms.

Consumption generally manifests its presence by an assemblage of symptoms, the most prominent of which are cough and obstructed respiration in the commencement, hectic fever and expectoration in the latter stages. These symptoms are the result of an impaired physical condition of the lungs, in consequence of a deposition in the air cells, of a substance possessing a yellowish white colour, of a cheesy consistence and appearance. These deposits, as the disease advances, become augmented, and adhere to each other, forming masses of variable size, called "tubercles." These bodies increase in magnitude as the disease advances, and are removed in the act of coughing, in the form of a tenacious liquid resembling pus or matter; the result of this is the formation of abcesses or excavations in the lungs, which continue to increase both in number and in size, until the whole substance of the lung is entirely wasted away.

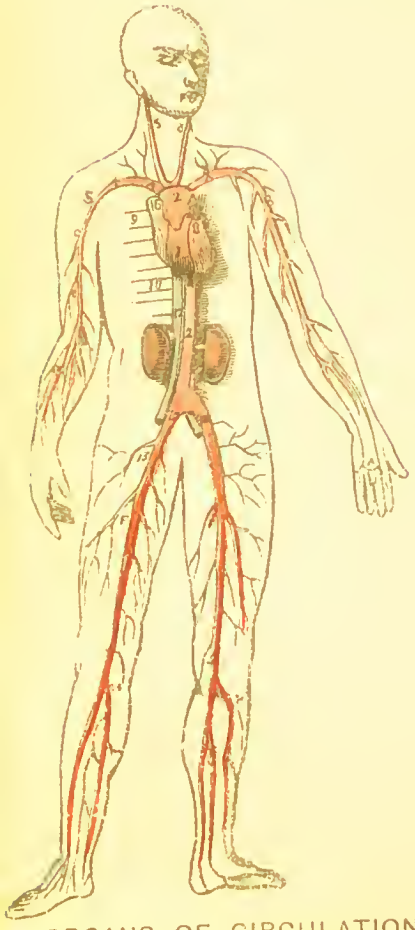
PLATE 2.

FIG 1



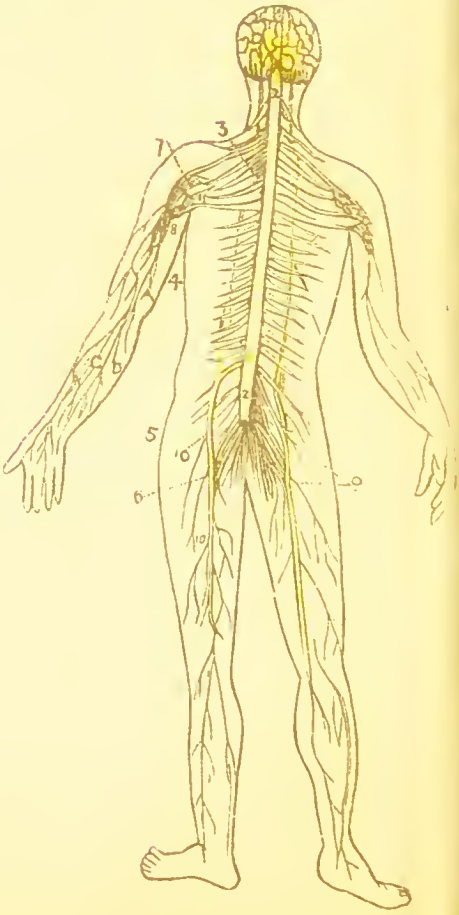
THE BRAIN.

FIG 3.



ORGANS OF CIRCULATION.

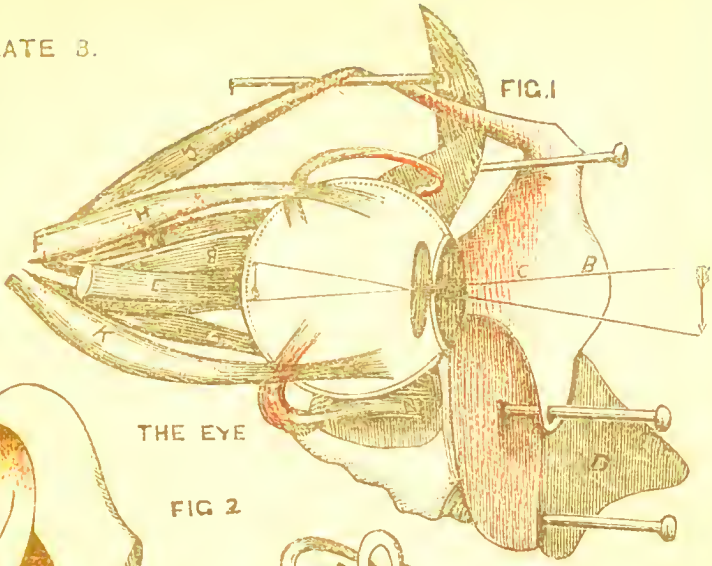
FIG 2.



NERVOUS SYSTEM

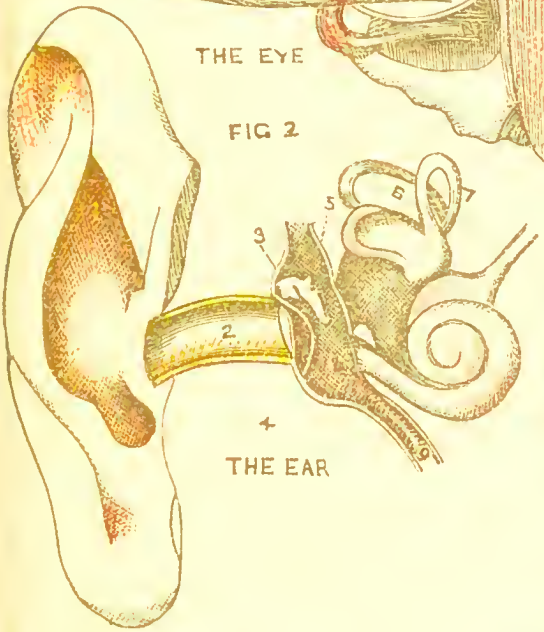
PLATE 3.

FIG.1



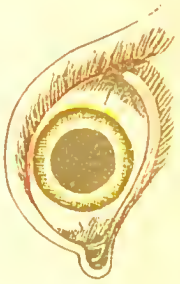
THE EYE

FIG 2



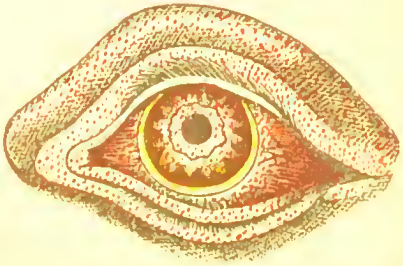
THE EAR

FIG 4



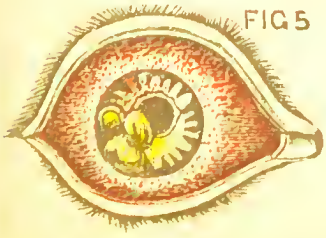
AMAUROSIS.

FIG 3



RHEUMATIC OPHTHALMIA

FIG 5



SYPHILITIC IRITIS
COMBINED WITH AMAUROSIS

Sufficient has already been said of the causes of consumption to need a full description under this head, but the following are amongst the most constant and general:—Check to perspiration, hereditary predisposition, depending upon a scrofulous diathesis or taint in the system, transmitted from parents to their offspring—certain diseases, as cancer, syphilis, small-pox, measles, &c.—certain occupations in which the lungs are exposed to dust or other irritating substances, or, in fact, anything which has a tendency to poison the blood, interfering with the free inhalation of pure air, or obstructing the natural perspiration, or the circulation of the fluids of the body, may result in consumption.

Treatment.

There is no plan of medical treatment upon which so much reliance can be placed in the prevention and cure of consumption as in the Botanic. Although this, as every other plan, may fail in arresting the progress of the disease, still it should be tried and persevered in, inasmuch as there are many cases on record where patients have recovered and lived for many years after their diseases have been pronounced incurable.

The Compound No. 1, is one of the best remedies we are acquainted with for this disease, especially if resorted to in the early stage, or before the "tubercles" have become deeply seated or fully developed.

Nourishing diet, pure air, moderate and regular exercise, warm clothing, and, if possible, residence in a mild climate, are points not to be overlooked in the treatment of this disease.

There are other medicines which are of equal value in this disease, and should be tried, as they may suit the patient's constitution or temperament even better than the one above-named—always remembering, however, that the cardinal point is, perseverance in any treatment that may be adopted.

Cod liver oil is a popular remedy, and extensively recommended for consumption. There is no objection to its use, provided the stomach will bear it, and for that purpose only the very best should be used.

CHAPTER 5.

Digestion.

When the food is received into the stomach (*o*) it is there subjected to the action of a solvent fluid called the gastric or stomach juice, by which it is gradually converted into a soft, greyish, and homogenous mass called chyme; hence the process is called chymification, or chyme-making. The chyme, as fast as it is formed, is expelled by the contractile power of the stomach into the duodenum (*p*), it there meets with the bile (*n*) from the liver (*m*), and with the pancreatic juice—which very much resembles the saliva—from the pancreas or sweetbread. By the action of these two fluids the chyme is converted into two distinct portions—a milky-white fluid named chyle, and a thick yellow residue. This process is called chylification or chyle-making; the chyle is then sucked in by absorbent vessels, extensively ramifying on the inner membrane or the lining of the bowels (*q*), and sometimes named, from the white colour of their contents, lacteals, or milk bearers. These lacteals ultimately converge into one trunk, named thoracic duct or chest pipe (from its course lying through the thorax or chest) and which terminates in the great veins under the claviele of the collar bone, called subclavian veins (*hh*), just before the latter reaches the right side of the heart (*e*), and there the chyle is poured into the general current of the venous blood.

But, although thus mingled with the blood, the chyle is not yet sufficiently capacitated for its duties in the system. To complete its preparation it still requires to be exposed to the action of the air during respiration; this is accordingly done by its passing through the lungs (*dd*) along with the dark or

Note.—The bracketed *italics* have reference to Plate No. 1, the illustration of which shows the principal organs of digestion. The remaining letters indicate (*a*) the larynx, (*b*) thyroid body, (*c*) trachea, or wind pipe, (*f*) right auricle of the heart, (*g*) vena cava sup. (*ii*) internal jugular veins (*j*) aorta, (*kk*) internal carotid artery, (*ll*) diaphragm, (*r*) cæcum, (*s*) the iliac colon. All of these are more or less connected with the process of digestion and circulation.

venous blood, which stands in need of the same change; in the course of this process both the chyle and the venous blood are converted into red arterial, or nutritive blood, which is afterwards distributed by the heart through the arteries to supply nourishment and support to every part of the body. Hence the change which takes place in the lungs is properly enough named sanguification or blood making.

The thickish yellow residue left in the duodenum, after the separation of the chyle from the chyme, is that portion of the food which affords no nourishment, and which, after traversing the whole length of the intestinal canal, and undergoing still further change, is thrown out of the body in the shape of fæces or excrement. But in this course its bulk is increased, and its appearance changed by the addition of much waste matter, which, having already served its purpose in the system, is at last thrown out by this channel.

A series of experiments have been instituted by Dr. Beaumont, of the American Army, on the person of Alexis St. Martin, a young Canadian, eighteen years of ago, which show the nature of digestion more clearly than has ever before been. He was accidentally wounded by a gun, on June 6th, 1822. "The charge," says Dr. Beaumont, "consisting of powder and duck-shot, was received in the left side, and blew off the integuments to the size of a man's hand, breaking some of the ribs, lacerating the lower portion of the left lung, and penetrating the stomach. On the fifth day sloughing took place, portions of the lung, bones, and stomach separated, leaving an opening in the latter large enough to admit the whole length of the finger into its cavity, and also a passage into the chest, half as large as the fist. After one year the wound closed, leaving the orifice into the stomach, which remained open, $2\frac{1}{2}$ inches in circumference. For some months the food could be retained only by wearing a compress, but, finally, a small fold of the villous coat of the stomach began to appear, which gradually increased till it filled the aperture, and acted as a valve, so as completely to prevent any efflux from within, but to admit of being easily pushed back by the finger from without.

Here, then, was a good opportunity for making experiments on digestion, which was improved by the ingenious Dr. Beaumont. With zeal and perseverance, and by which he has thrown much light on this interesting subject, the first disputed point which is conclusively settled by Dr. Beaumont, is that the gastric juice does not continue to be secreted between

the intervals of digestion, and does not accumulate to be ready for acting on the next meal. Dr. Beaumont could easily observe what changes occurred, both when food was swallowed in the usual way, and when it was introduced at the opening left by the wound. Accordingly, on examining the surface of the villous coat with a magnifying glass, he perceived an immediate change of appearance ensue. Whenever any food was brought into contact with it, the coat of the stomach changed from a pale pink to a dark red, the worm-like motions of the stomach became excited, and from innumerable little lucid points could be seen distilling a pure, colourless, and slightly viscid fluid, called the gastric juice, which mixed with the food.

In the course of his attendance on St. Martin he found that whenever a feverish state ensued, whether from obstructed perspiration, from undue excitement by stimulating liquors, from overloading the stomach, or from fear, anger or other mental emotion, depressing or disturbing the nervous system, the villous coat of the stomach became sometimes red and dry, and at other times pale and moist, and lost altogether its smooth and healthy appearance. As a necessary consequence the usual secretions became vitiated, impaired, or entirely suppressed. When these diseased appearances were considerable, the system sympathised, and dryness of the mouth, thirst, fever, and other symptoms showed themselves, and no gastric juice could be procured or extracted, even on the application of the usual stimulus of food.

This experiment shows why the stomach, in fever and other complaints, instinctively refuses much of any food. To test the solvent powers of the gastric juice, Dr. Beaumont withdrew from St. Martin's stomach about one ounce of it, obtained after fasting seventeen hours, by introducing first a thermometer, to induce the secretion, and then a tube to carry it off. Into this quantity, placed in a vial, he introduced a piece of boiled salted beef, weighing three drachms. He then corked the vial tightly, and immersed it in water raised to the temperature of 100°, which he had previously ascertained to be the heat of the stomach. In forty minutes digestion had commenced on the surface of the beef; in fifty minutes the fluid became quite opaque and cloudy, and the texture of the beef began to loosen and separate; in sixty minutes chyme began to be formed; in one hour and a half the muscular fibres hung loose and unconnected, and floated about in shreds; in three hours they had diminished about one half;

in five hours only a few remained undissolved; in seven, the muscular texture was no longer apparent, and in nine hours the solution was completed.

To compare the progress of digestion the natural way with these results, Dr. Beaumont, at the time of commencing the above experiment, suspended a piece of the same beef, of equal weight and size, within the stomach, by means of a piece of string. At the end of the first half hour it presented the same appearance as the piece in the vial, but when Dr. Beaumont drew out the string at the end of an hour and a half, the beef had been completely digested and disappeared, making a difference in point of time of nearly seven hours.

Having obtained a brief view of the agent employed in digestion, and of the changes produced by it on different kinds of food, we proceed to mention the comparative digestibility of different kinds of food.

A Table showing the mean time of digestion of different Articles of Diet.

Articles of Diet.	Mode of Preparation.	Time required for digestion.	
		H.	M.
Rice	Boiled ...	1	0
Eggs, whipped	Raw ...	1	30
Salmon Trout, fresh ...	Boiled ...	1	30
Salmon Trout, fresh ...	Fried ...	1	30
Barley Soup	Boiled ...	1	30
Apples, Sauce	Raw ...	1	30
Venison Steak	Broiled ...	1	35
Brains	Boiled ...	1	45
Sago	Boiled ...	1	45
Tapioca	Boiled ...	2	0
Barley	Boiled ...	2	0
Milk	Boiled ...	2	0
Liver, fresh	Broiled ...	2	0
Eggs, fresh	Raw ...	2	0
Codfish, cured	Boiled ...	2	0
Milk	Raw ...	2	15
Turkey	Boiled ...	2	18
Turkey	Roasted ...	2	30

Articles of Diet.	Mode of Preparation.	Time required for digestion.	
		H.	M.
Goose	Roasted ...	2	30
Pig, Sucking	Roasted ...	2	30
Lamb	Roasted ...	2	30
Beans	Boiled ...	2	30
Parsnips	Boiled ...	2	30
Potatoes	Roasted ...	2	30
Potatoes...	Baked ...	2	30
Chicken	Boiled ...	2	45
Custard	Baked ...	2	45
Beef, salted	Boiled ...	2	45
Apples, sour	Raw ...	2	50
Oysters, fresh	Raw ...	2	55
Eggs, fresh	Soft Boiled	3	0
Beef, underdone	Roasted ...	3	0
Beef Steak	Broiled ...	3	0
Mutton, fresh	Broiled ...	3	0
Mutton, fresh	Boiled ...	3	0
Chicken, soup	Boiled ...	3	0
Apple Dumpling	Boiled ...	3	0
Pork Steak	Broiled ...	3	15
Mutton	Roasted ...	3	15
Sausage, fresh	Broiled ...	3	20
Pork, recently salted ...	Stewed ...	3	30
Flounder, fresh	Fried ...	3	30
Oysters, fresh	Stewed ...	3	30
Butter, fresh	Melted ...	3	30
Cheese, old		3	30
Soup, Mutton	Boiled ...	3	30
Bread, wheaten, fresh ...	Baked ...	3	30
Turnips	Boiled ...	3	30
Potatoes	Boiled ...	3	30
Eggs, fresh	Hard boil'd	3	30
Salmon, salted	Boiled ...	4	0
Beef, fresh, lean	Fried ...	4	0
Veal, fresh	Fried ...	4	0
Fowls, domestic	Boiled ...	4	0
Fowls, domestic	Roasted ...	4	0
Ducks, domestic	Roasted ...	4	0
Soup, beef	Boiled ...	4	0
Heart, animal	Roasted ...	4	0

Articles of Diet.	Mode of Preparation.	Time required for digestion.	
		H.	M.
Beef, old, hard, salted ...	Boiled ...	4	15
Soup, marrow-bones ...	Boiled ...	4	15
Pork, recently salted ...	Boiled ...	4	30
Ducks, wild	Roasted ...	4	30
Suet, mutton	Boiled ...	4	30
Cabbage, with vinegar ...	Boiled ...	4	30
Suet, beef, fresh	Boiled ...	5	3
Pork, fat and lean ...	Roasted ...	5	15
Tendon	Boiled ...	5	30

As a general rule, animal food is more easily and speedily digested, and contains a greater quantity of nutriment in a given bulk than herbaceous or farinaceous food, but apparently from the same cause it is also more heating and stimulating. Minuteness of division and tenderness of fibre are shown by Dr. Beaumont's experiments to be two great essentials for the easy digestion of butcher's meat, and the different kinds of fish, flesh, fowl, and game are found to vary in digestibility, chiefly in proportion as they approach or depart from these two standard qualities.

Farinaceous food, such as rice, sago, arrowroot, and gruel, are also rapidly assimilated, and prove less stimulating to the system than concentrated animal food. Milk seems to rank in the same class when the stomach is in a healthy state.

It should be noted that the time given above applies to a normal or healthy stomach, but with those whose digestive organs are impaired, who are intemperate in food or drink, of sedentary or slothful habits, or, which is often the case, pay no attention to the due mastication of the more solid kinds of food; with those, even lighter kinds of food are apt to produce a variety of symptoms most painful and distressing.

It is only necessary to state here that, in the treatment of indigestion, the above information should be closely studied, and, as far as possible, such articles should be selected which are both light and nutritious—bearing in mind that the more completely the food is masticated before swallowing, the easier will it be dissolved in the stomach.

CHAPTER 6.

Diseases affecting the Stomach, Liver and Bowels.

Indigestion, or Dyspepsia.

The symptoms of this complaint vary in almost every individual case, and even in the same individual at different times. From the simple oppression caused by difficult digestion, dyspeptics are apt to experience the most acute physical and mental agony. The more common symptoms of indigestion, however, are well marked in every case, viz.:—cold hands and feet, oppression and distress at the pit of the stomach, acidity or heartburn, flatulency or wind, costiveness or occasional diarrhœa, drowsiness after meals, low spirits, disturbed sleep, frightful dreams or nightmare, extreme sensibility to cold, and not unfrequently palpitation of the heart, and a dry hacking cough, pain in the head, pain in the sides, and pain between the shoulders, giddiness and extreme nervous irritability, are symptoms attending almost every case of confirmed dyspepsia.

Treatment.

The compounds Nos. 5 or 6, and the Indian Pills are well adapted for the cure of this distressing complaint. In confirmed cases of indigestion, however, it is often necessary to combine with the above a mild laxative calculated to act upon the liver; as in most cases of indigestion, the liver plays an important part. For that purpose the compound No. 9 will be found almost a specific—acting as it does upon almost every organ connected with the process of digestion or assimilation.

As a preventive of indigestion, as also to allay the severe symptoms attending it, we can recommend nothing better than the "American globules," as they seldom fail to give relief, if prepared and taken as directed.



WORMWOOD.



PELITORY OF THE WALL.



BUCKBEAN.



ELECAMPANE



FEVERFEW.



PENNYROYAL.



GROUND IVY.



FIGWORT.

Costiveness.

This is a common complaint with those who follow sedentary employment, are much confined, or are naturally inactive. It is invariably the accompaniment, or rather the result of indigestion, and a low state of the nervous system. Persons suffering from this difficulty have too often recourse to mineral or other drastic purgatives, which, although affording temporary relief, are fruitful of incalculable mischief, as they leave the bowels weak, and therefore, more inactive than they were previously, and so compel the sufferer to repeat and often augment the dose in order to obtain similar relief.

By thus continually purging the bowels, great harm is done to the system generally; not only does the stomach become more disordered, the liver more sluggish, and piles are induced, but the nervous system becomes debilitated, the whole producing a train of symptoms too numerous to describe.

The only proper *cure* for costiveness is the removal of the *cause*. Whatever the fault, it should, as far as possible, be corrected; and if an aperient is at all used it should be of a mild kind—such as the Pills No. 22, or better still, No. 23, which latter may be taken with great advantage, as they will mildly stimulate the stomach, liver, and bowels.

Diarrhœa and Dysentery

Diarrhœa is the opposite state to costiveness, and consists of a relaxed state of the bowels, and is characterised by copious evacuations, chiefly of imperfectly digested food, and generally free from blood and mucous. In dysentery the bowels are semi-costive, the natural fæces retained, and the stools consist principally of blood and mucous, small in quantity, and attended with severe griping, and frequent inclination to evacuate.

The treatment of diarrhœa consists of stimulating and astringent infusions, as bayberry or composition tea, or the Mixtures, No. 8 or 10, which seldom fail to give immediate relief.

In dysentery hot composition tea will afford relief from pain; to effect a cure, however, the Compound No, 5 should be taken for some time after in order to restore the tone of the stomach and bowels.

A very simple and homely remedy, and one that will in many cases answer well in checking an attack of diarrhœa, especially in children, is to mix one tea spoonful of raw

arrowroot in a little new milk, and drink after every stool until the necessity for doing so ceases.

Colic.

This disease is produced by a collection of flatus or wind in that portion of the bowels called the "colon," from which it derives its name. Persons of feeble digestion are most liable to colic, from inattention to diet, or from drinking freely of cold liquids, such as lemonade, ice water, cold milk, &c. The symptoms of colic are severe pain in the abdomen, of a peculiar twisting and cutting kind, so as to almost double the patient while the pain lasts, and is often accompanied by nausea, cold shivers, &c.

Treatment.

A lobelia emetic, followed by hot infusions of catnip, ginger, mint, or calamus, will invariably give relief. So also will the application of hot bran poultices, hot plates, &c., to the seat of the pain.

Composition tea, drank as hot as the patient can bear it, is a sovereign remedy in this disease, especially if from twenty to thirty drops of essence of peppermint be added thereto.

As it has already been stated, colic is caused principally by a collection of wind in the bowels; this, in turn, is caused by a disordered stomach or inaction of the bowels, therefore, to prevent colic, the alimentary canal should be kept in a healthy condition.

Hæmorrhoids or Piles.

The tumours known as piles are divided into several different varieties, viz.:—*bleeding* piles, *blind* piles, *external* and *internal* piles, &c. This disease prevails to a great extent in all classes of society, and in both sexes, but is more common amongst females than males, and is seldom met with until middle age.

The immediate cause of piles is a relaxation and debility of the hœmorrhoidal veins, consequent upon a disordered state of the digestive organs, habitual costiveness, cold and damp seats, pregnancy, and most frequently, the use of drastic purgatives —all of which have a tendency to weaken the alimentary canal, cause obstruction, and impede the free circulation of the blood through the veins of the rectum.

Treatment.

To effect a radical cure of piles, and prevent their return, it is necessary to bear in mind the nature of the cause. If the

stomach and bowels are at fault (which is generally the case) the No. 6 will be found to correct and strengthen them, while, at the same time, the motions of the bowels must be regulated with some mild aperient. The painful symptoms may, however, be mitigated by the free use of the Electuary No. 11, which, if resorted to in time, will also serve to cure them.

Liver Complaint, &c.

Although acute affections of the liver are by no means of unfrequent occurrence, yet is there no organ in the body, with the exception, perhaps, of the stomach, which is more liable to chronic derangement of its functions than is the liver. Intemperance in the use of alcoholic liquors, a disordered state of the stomach, languid circulation of the fluids of the body through inactivity, or want of exercise in the open air, are the most common causes of an inactive, sluggish, or torpid liver.

The symptoms indicating the affection of the liver, though diversified, are, in most cases, well marked; shooting pains in the right side and between the shoulders, a dry, harsh, and contracted state of the skin, disagreeable taste in the mouth, extreme restlessness at night, giddiness, heartburn, flatulence, distress after meals and costiveness, all are common accompaniments of this disease. Biliousness, bilious headache, bilious colic and jaundice, are but so many words to indicate the different degrees of obstruction of the liver. In jaundice, however, there is almost a total want of secretion of bile—hence the yellowness of the skin and whites of the eyes, by the admixture of the bile with the blood—hence also, the clay-coloured stools, which are certain indications of the inaction of the liver, or obstruction of the gall duct.

Treatment.

The treatment of liver complaint must be varied according to the symptoms which manifest themselves. The Compounds Nos. 7 and 9 have a direct action upon the liver, as also have the Pills No. 29, and, in recent cases, the "American Globules" will be found to answer admirably well.

The bowels should also be attended to; if costive, two or three of the Pills No. 23 should be taken every other night, in connection with the No. 9, or the American Globules—remembering, however, that in this, as in almost every other disease, the *cause* must be ascertained before an effectual remedy can be applied, and the recurrence of the symptoms prevented.

CHAPTER 7.

Diseases of the Kidneys & Bladder, Dropsy, &c.

Under this head we include all diseases that affect the kidneys, bladder, ureters, &c., also those diseases which, though known by different names, are nevertheless, the result and commonly the accompaniment of affections of the kidneys or bladder—especially the former.

Chronic Disease of the Kidneys.

Chronic disease of the kidneys occasionally occurs without any appreciable existing cause—especially in scrofulous subjects, but the most usual cause of this complaint is exposure to cold or damp, mechanical injuries, such as a fall or blow, from poor living, intemperance, drastic diuretics—as nitre, turpentine, cantharides, or any of the other mineral poisons usually administered by allopathic practitioners. The irritation produced by gravel or long continued disease of the urinary passages, as chronic stricture, enlarged prostrate, malignant affections involving the *ureters*, or anything which obstructs or irritates the urethral canal, will cause this disease.

Symptoms.

The most prominent symptoms of chronic disease of the kidneys are, pain across the small of the back, neuralgic pain in the right or left side the region of the kidney, the pain sometimes extending downwards as far as the neck of the bladder, pain in the groin or *scrotum*, numbness of the thigh, and sense of weakness in the lumbar region.

Occasionally there is a total suppression of urine, but usually, though the desire to empty the bladder is frequent,

the urine is scanty, high coloured, thick, and sometimes of a slimy kind. The general health also suffers, the appetite fails, and the patient gradually wastes away. Dropsy is the common consequence of this complaint, and many of the fatal cases of blood poisoning are also the result of the urine being retained in or absorbed by the circulation of the blood.

Treatment.

The treatment of chronic disease of the kidneys must necessarily depend upon the nature of the obstruction, and the extent to which these organs have been allowed to become affected. Thus, a slight obstruction of the kidneys—a dull aching pain in the lumbar region, caused by cold or dampness, may be relieved by taking the American Globules, or the Pills No. 24, together with a strong decoction of simple herbs, as pennyroyal, spearmint, broom, or dandelion. But should the pain not be subdued by these means, the urine shows signs of gravel, or be high coloured, thick, or discharged in small quantities—though the desire to urinate is frequent and urgent—the Compound No. 13, or No. 14, should be at once resorted to, and persevered in, until a perfect restoration of the parts to proper action is established.

Disease of the kidneys, unless promptly and efficiently treated, may become complicated with affections of the bladder, as inflammation, ulceration, partial or even complete paralysis of the neck of the bladder, and subsequent retention or suppression of urine, local or general dropsy, &c. The above compounds, however, are also suitable for these complaints, with the additional treatment recommended under their respective heads.

The diet in these complaints should be light and nourishing, and demulcent drinks, as tea made of comfrey, linseed, Irish moss, marsh mallow, or gum acacia water, will greatly assist the action of the medicine.

Gravel.

The symptoms of this disease so closely resemble the foregoing that we need scarcely repeat them under this head, except some additional signs by which gravel may be distinguished from ordinary disease of the kidneys. The most certain sign of gravel is a sandy deposit in the urine; in this case the gravel is so minute that it readily passes with the urine without causing any perceptible pain or inconvenience. Should the gravel, however, be of larger size, very painful symptoms will be experienced.

In the majority of cases gravel is formed in the kidneys and then passes through the *ureters* into the bladder. While it is being formed, or before it leaves the kidneys, it may simply occasion a pain in the back, and may be confounded by the patient with a fit of *lumbago*. But it is during its transit through the *ureters* (the two pipes conveying the urine from the kidneys to the bladder) that the excruciating pain is experienced. The sharp darting or cutting pain is sufficient to produce the most alarming symptoms — fainting, vomiting, and general feverishness—is not at all uncommon during this period, and in many cases (so great is the irritation), that a discharge, attended with a scalding in passing the urine, is the result—throwing considerable doubt upon the virtue or fidelity of the unfortunate sufferer, unless the disease is properly diagnosed.

Gravel may be the result of cold, or obstruction of the kidneys from some other cause; in either case the treatment must consist of diuretics and demulcents. The Compound No. 13 will be the proper remedy for this disease, and, in mild cases, the "American Globules," or the Gravel Pills, No. 24, will be sufficient to effect a cure.

Beer and other fermented liquors must be abstained from, but a small quantity of Hollands gin and water may be taken occasionally.

Stone in the Bladder, &c.

This often fatal disease is but a step in advance of gravel. The minute particles having reached the bladder and been allowed to remain there for some time, adhere to each other and form what is called "Stone in the Bladder." Although stone may, and often does, form in the substance of the kidneys, and even in the passages connecting them with the bladder, it is in the latter that it is most frequently found to exist.

The symptoms of this disease are sufficiently marked to form a correct judgment by the experienced physician, but not so by the non-professional individual, and, whereas, when stone, as distinguished from gravel, has already formed, it would be impossible and unsafe for the patient to treat himself (it then being a case of surgery), we will abstain from further description, but remind the reader that, however much we may quarrel with the administrators of mercury, opium, and a host of other deleterious drugs, we must admit that surgery, pure and simple (especially if practised with skill and discretion), is an art which should be appreciated as one

of the greatest and most noble achievements of the civilised world.

There are, however, many botanic remedies that will (if persevered in) have a tendency to gradually reduce the size of these concretions. The Compounds No. 12 and 14, as also the Pills No. 24, and the Powder No. 40, are all calculated to attain that object, and should be tried before an operation is resorted to.

Dropsy.

This disease, though sometimes caused by obstructed perspiration or a morbid affection of the veins and absorbents, is principally the result of diseases of the kidneys, through their inability to secrete or eliminate the urine from the blood. For all practical purposes it is unnecessary to divide this disease, or make a distinction, because of its appearing in different parts of the body, as *Hydrocephalus*, dropsy in the head; *Hydrothorax*, dropsy in the chest; *Ascites*, dropsy in the abdomen; *Anasarca*, or general dropsy; the treatment being the same in all, viz.:— to relax the skin and stimulate the kidneys to healthy action— to procure watery stools, and generally to assist nature in the establishment of harmonious action, and due balance of the solids and the fluids.

The treatment of dropsy, as recommended by Dr. Samuel Thomson, the founder of the "Botanic System of Medicine," and followed by the reformed practitioners of America, is undoubtedly the correct one. It consists of lobelia emetics to cleanse the stomach; injections to relieve the bowels; diuretics to stimulate the kidneys and bladder; and stimulating relaxants, combined with steam or vapour bath, to open the pores of the skin, in fact, all the outlets of the body are to be so acted upon as to allow nature to expel the enemy which, in this case, is an undue accumulation of *serum* or water in the body.

The system of *tapping*, as practised by *allopathic* surgeons, only tends to relieve the patient, but does not cure the disease, to do which, the formation or re-accumulation of water must be prevented.

The Compound No. 13, or the American Globules, are excellent medicines for this purpose—bearing in mind that an ounce of prevention is better than a pound of cure.

Suppression or Retention of Urine.

Partial or total suppression of urine may be the result of gravel, inflammation of the kidneys, bladder, or prostrate

gland ; or it may be caused by stricture of the urethra, paralysis of the neck of the bladder, cold, &c. The symptoms in either case are painful and distressing to a degree. There is pain and swelling in the region of the bladder, which is increased by pressure; pain in the small of the back, and general feverishness—and unless promptly relieved—rupture of the bladder, mortification and death may ensue.

Treatment.

The treatment of this disease must be directed to the removal of the cause of the obstruction, wherever located; to relax the parts, however, should be the first intention. A warm hip bath, or hot wet flannels applied to the lower part of the abdomen, while, at the same time, repeated doses of the Compound, No. 13, in warm parsley or spearmint infusion are taken, will in general have the effect of producing a flow of urine. Should, however, these means fail, a catheter will have to be introduced, and for that purpose professional aid will be required.

Simple retention of urine, or difficult micturition, may be relieved by the Pills, No. 24, or the "American Globules," taking care, however, to so strengthen the urinary organs as to prevent the above painful and dangerous complaint.

Incontinence of Urine.

This is the very opposite to the above disease. In this case there is a want of power to retain the urine for any length of time, and though not a dangerous complaint, is nevertheless, a very inconvenient and harassing one. This state may be produced by any of the above causes, or may be the result of intemperance, ulceration of the parts, &c. But, commonly, the immediate cause is extreme debility and want of contractile power of the neck of the bladder, attended with general weakness of the system.

Treatment.

It is necessary in this case to improve the general health, as well as to strengthen the parts under consideration. A combination of the Compounds No. 12 and 6, with an occasional dose of the Indian Pills, No. 23, will be found to act admirably for that purpose.

Incontinence of urine, if depending upon an irritation of the bladder or urethra (especially in children), may be relieved by the "American Globules," which should be taken for some little time, in doses as directed.



AGRIMONY.



DANDELION.



REST HARROW.



VALERIAN.



SLIPPERY ELM.



BARBERRY.



COMMON BROOM.



MARSH MALLOW.

CHAPTER 8.

Rheumatism, Gout, Sciatica, Lumbago, &c.

Rheumatism.

This disease, though occasionally commencing with what is called rheumatic fever, or acute rheumatism, is more frequently met with in the chronic state, and it is to chronic rheumatism that we will principally confine our remarks.

The causes of both acute and chronic rheumatism are mainly due to obstruction of the pores of the skin, by cold or dampness, though, if a predisposition to the disease exists, it may be caused by other derangements of the system:—retention of the perspirable matter, however, is the chief cause in all cases, and the elimination of the excretion from the affected parts should be the first object.

Although, in the majority of cases, rheumatism attacks the larger joints only, it is also apt to affect the toes, wrist, and fingers, the joints of which often become enlarged and distorted, and in not a few instances, the entire limb so affected is rendered useless—in other words, the patient becomes a cripple.

The symptoms of rheumatism are easily distinguished from any other disease by soreness and stiffness following upon the least exertion; inability to move the affected part without severe pain; and the joints, as has been stated, are swollen, contracted, and often distorted.

The treatment of rheumatism consists of relaxing the affected parts with hot fomentation, followed by the application of liniments, &c.—Nos. 43 or 44—externally; and at the same time, the Compound No. 15 or 16, should be taken internally, to assist nature to get rid of the obstruction.

The Pills, No. 26, are also very useful in this complaint, and should in severe cases of long standing be combined with either of the above compounds. When the joints are neither swollen nor contracted, the Globules may be taken with advantage.

Lumbago.

This is a species of rheumatism affecting the lumbar region or small part of the back. The pain may be confined to one side only, or it may affect the loins generally, and disable the sufferer from attending to his ordinary avocation—the pain being augmented with the slightest movement of the body. This form of rheumatism is often accompanied with, or is followed by an affection of the *sheath* or covering of the sciatic nerve, and which is denominated sciatica.

The treatment of lumbago is in every respect the same as in the foregoing. In slight attacks, however, a few applications of the Embrocation No. 44 to the back, and the American Globules or Rheumatic Pills No. 26, taken for a few days, will be found sufficient to get over this difficulty.

Sciatica.

This affection consists of acute pain in the hip, and often extends along the back part of the thigh, down the leg, and even to the foot. It rarely affects both sides at one time, but where a predisposition to the disease exists, it is likely to do so.

This, like other forms of rheumatism, may be caused by cold or dampness, but it may also be the result of general debility, uterine tumours, over-fatigue, intestinal accumulations, &c., especially in gouty or rheumatic subjects.

Treatment.

It is obvious that our first efforts must be directed to the removal of the *cause*, and improvement of the general health of the patient. The Compound No. 16 should be taken three or four times a day, in doses suitable to the strength of the patient, while externally the same means should be adopted as in ordinary rheumatism.

Sciatica is not only the most painful, but also the most difficult and tedious form of rheumatism, as it is very frequently complicated with, or depending upon, some derangement of the internal economy, and nothing short of due attention to diet—

which should be nourishing, but light—the abstinence from fermented liquors—and perseverance in the above treatment will be successful in effecting a cure.

Gout.

Gout, though usually considered as a separate and *distinct* disease, depending as it does principally upon derangement of the digestive organs—is still a species of rheumatism, and should be treated as such. This disease usually attacks the smaller joints, which become inflamed and painful to the touch. The ball of the great toe is commonly the seat of this disease, though it is frequently met with in other joints, as the fingers, wrists, knees, &c., and may even attack the internal organs—in which case it invariably proves fatal.

It is a vulgar error that this painful disease is confined solely to the wealthier classes. Seeing that an attack of gout may be induced by poverty and want, by excessive mental anxiety, exposure to cold and dampness, or any depressing influence, it will be readily understood that the poorer or working class is quite as liable to this fashionable disease as is the man of wealth and opulence.

The treatment of gout consists of aperients to free the bowels from accumulations; diaphoretics, to produce a healthy action of the skin; diuretics, to promote the secretion of the urine; and tonics to strengthen the digestive organs. Light but nourishing food, and warm fomentations of the affected part, alternated with the Liniment No. 45, complete the list of remedies for this disease.

There are several other forms of rheumatism, viz.:—rheumatic gout, poor man's gout, mercurial rheumatism, gonorrhœal rheumatism, &c. But these are but so many names to indicate either the cause or locality of the disease. It is only necessary to state that the treatment in all these should be the same as directed under the head of rheumatism, and in the case of mercurial or gonorrhœal rheumatism, special attention should be directed towards the elimination from the system of that, which, in however an indirect manner, is the *real* cause of the disease.

CHAPTER 9.

Blood and Skin Diseases.

Before proceeding to enumerate the different forms in which impurity of the blood presents itself, we think it necessary to remark that although, at first view, "skin diseases" seem to be exceedingly numerous, yet, if we trace them to their elementary principles, we find that they are really very few—or consist almost of a *unit*.

Almost every form of chronic skin disease is the result of morbific *miasm* or poison, lurking in the blood, either hereditary or acquired. This impurity, of whatever nature, and by whatever means introduced into the system—whether it be by the stomach, lungs, or by actual contact—obstructs the free circulation of the blood through the veins, arteries, and the small blood vessels, thus deteriorating its life-sustaining quality, and debilitating those parts which are depending upon it for sustenance.

By a change of diet, change of climate, and frequently by the unaided power of the system, the blood endeavours to get rid of the "obstruction" through the pores of the skin, and thus raises a number of pimples, blotches, &c., or the irritation produced in some particular place, may be so great that an ulcer, boil, tumour, or cancer will be the result. Of these different manifestations we will treat separately, remarking, however, that the means adopted must only vary according to the *nature* and *extent* of the offending matter—the intention in all being the same, viz.:—to expel from the blood that which irritates and obstructs its course.

Scrofula.

This disease, which is sometimes also called "king's evil," consists of hard indolent tumours, situate in various parts of the body, but particularly in the glands of the neck, behind the ears, and under the chin. After a time these tumours degenerate into ulcers, and discharge a white matter, some-

what resembling curdled milk. The scrofulous ulcer may be distinguished by its peculiar flaky discharge, its uneven and ragged appearance, and from the general condition of the patient, which is always low and impaired.

Treatment.

Before the tumours have come to a head and discharged, a warm poultice No. 51 should be applied to them, and changed before it becomes hard or dry. The Compound No. 17 should be taken three times a day, and two or three of the Pills No. 23 every other night. Should the tumours break and discharge, wash them twice daily with the lotion No. 91, apply the poultice No. 54 at night, and the ointment No. 57 during the day, continuing the medicine and pills as directed above.

Scurvy.

This disease is usually caused by a depraved state of the fluids of the body, through irregularities in diet, long exposure, mental distress, etc. The chief cause of scurvy, however, is the want of fresh provisions—animal and vegetable—especially the latter.

The earlier symptoms of this morbid change in the circulation are, dingy yellow patches on the legs, thighs, or arms, followed by small dark coloured spots, which, as the disease progresses, run into each other, and form a discolouration of a purple or livid hue. Ulceration, especially on the legs, may also occur, while the gums are red, swollen, tender, and bleed from the slightest cause. A dull heavy pain in the back and limbs, depression of spirits, and general weakness are common accompaniments of this disease.

The treatment consists of a complete change of diet, while tonics No. 5 or 6, in combination with No. 17, will be proper in this case.

If ulcers have formed, they must be treated as directed under the head of scrofula.

Carbuncle.

This is an extremely painful, deep-seated, hard, and immovable tumour, generally commencing with a small pimple, but quickly increasing in size, and assuming a deep red or purple appearance in the centre. The pain is of a peculiarly stinging or burning kind, especially immediately before suppuration takes place. Great relief may be obtained by the

application of a milk-warm poultice, No. 52, which will also hasten the *breaking* of it. When this occurs, several apertures will be observed, through which a greenish, bloody, and irritating matter is discharged.

The poultice No. 54, and the lotion No. 91, followed by the ointment No. 60, constitute the local treatment, while internally, the compound No. 18, or Pills No. 32, will assist in healing it, and prevent its recurrence.

Ring Worm.

This is a cutaneous disease, and first shows itself in the form of small red pimples, which break out in circular shape, and contain a thin acrid fluid. When the body is heated the itching is intolerable, and, on being scratched, discharge their contents and spread the disease to a considerable degree.

In some cases, when the disease is allowed to spread, the whole body becomes tainted, and the patient is tormented with itching and painful excoriation.

Treatment.

Apply the tincture of myrrh (No. 78) three or four times daily, and the ointment No. 60, will also be found to prove serviceable.

In the case of children, no stronger medicine than the "American Globules" will be required, and even in adults, this remedy may be adopted with advantage,—applying the tincture as stated above.

Itch.

This disease is caused by an insect which penetrates the skin, and burrows beneath it, producing small vesicles or pustules, attended with an intolerable itching.

The wrists and between the fingers are the parts principally affected, though it is occasionally observed in various other parts of the body, excepting the face.

Treatment.

Apply the Ointment No. 59 every night until cured. This is a contagious affection, and patients should be careful not to spread it among those with whom they come in contact.

Shingles.

This disease is characterised by a cluster or band of vesicles, or blisters on an inflamed surface, commencing, in most instances, on the right side of the abdomen. In some instances this band of vesicles extends downwards towards the groin; in others it passes upwards. It is very rarely that the eruption occurs on the left side of the body.

The treatment as recommended in the case of ringworm will also answer for this complaint. In shingles, however, the general health is usually more or less affected, to correct which the Compound No. 19, and the Pills No. 29, are effectual remedies.

Boils, Abscesses and Ulcers.

Common boils are so well known that they need no description, and the treatment is of the simplest kind. Linseed and elm poultice, No. 51, before it breaks, and the lotion No. 91, and healing ointment No. 57, after it has done discharging, are proper applications to a simple boil.

The same local treatment should also be followed in cases of abscess of all kinds; in the latter, however, constitutional treatment is also required. For this purpose, as also in cases of ulcers, the Compound No. 18, and Alterative Powder No. 39, or Compound No. 17 alone, will be the proper remedies.

Whitlow or Felon.

A whitlow is an inflammation of the fingers, thumb or toes, is exceedingly painful, and very much disposed to suppurate. The pain in whitlow commences rather deep, with pricking, throbbing, swelling and inflammation. It proceeds very slowly in its course, and often affects the bone and sinews.

Treatment.

In the treatment of whitlow the object must be to hasten resolution or suppuration; for that purpose immerse the affected part in hot water three times a day, and, during the intervals, apply a poultice composed of equal parts of crushed linseed and slippery elm bark powder, which should be applied as hot as bearable, and renewed when it becomes cold.

This treatment will, if resorted to in time, resolve or discuss the swelling, but should matter have already formed, it will quickly bring it to a head, when it should be treated as a common ulcer or boil.

Cancer.

A cancer is an ulceration of the worst kind, with an uneven surface, painful and rugged edges, which sometimes spread with great rapidity, though at other times it may make but very slow progress. The discharge, which is preceded by a hard glandular swelling, is of fœtid, acrimonious kind: excoriating the neighbouring integuments, and producing similar ulceration.

Cancer principally attacks the glands, as the breast, &c., but is also often met with in other parts, as the lip, eye, uterus, tongue, &c., and although women, especially at the change of life, are mostly subject to this disease, it may also occur at all ages, and in either sex.

The distinguishing feature of this disease from ordinary tumour or ulcer is by its lacinating pain, its rugged or knotty appearance, and, after suppuration, its irregular edges, thin viscid discharge, tendency to spreading, &c. The general health also suffers, all the humours of the body becoming contaminated and rank, dropsy, &c., supervening, or the ulceration may spread to every part of the body.

Treatment.

It is of the greatest importance that this disease should be attended to as early as possible, as the cancerous tumour may then be dispersed by the ordinary means, viz.:—emolient poultices, steaming the part with some bitter herb infusions, as wormwood, tansy, &c.

Should this treatment fail to reduce the swelling, and an ulcer appear, it should be treated as directed under the head of Scrofula, with the addition of sprinkling it twice daily with the fine powder of bayberry bark, or blood-root, the latter, especially, is very efficacious in destroying the unhealthy flesh, and, with constitutional treatment, even in extirpating the root of this evil.

All local treatment, however, will fail if the disease has been allowed to make any degree of progress: it will then be necessary not only to treat the patient locally, but to attack the disease vigorously, and for that purpose, besides the directions given above, the Compounds Nos. 17, 39 and 32, should be made use of without intermission, while the strength is supported by the best of nourishing food, fresh air, exercise, &c.



SOUTHERNWOOD.



CRANESBILL.



SUMMER SAVORY.



GOLDEN ROD.



BONESET.



BURNET.



FUMITORY.



BISTORT.

CHAPTER 10.

The Brain and Nervous System.

BEFORE proceeding to the description of the diseases to which the brain and nerves are subject or liable, we direct the reader's attention to Plate 2, Figs. 1 and 2, which show the immediate connection between the brain and the spinal cord, and both with every part of the system.

The brain, and the nerves connected with it, are the organs of our sensations, thoughts, wishes and will, the former being an oval-shaped medulary body, filling up the cavity of the skull, and direct, as also through the medium of the spinal cord, sends out branches to the remotest parts of the body. These branches, or nerves, consist of soft white fibrous cords, formed of a number of exceedingly small tubes, which contain nervous fluid, and which are so closely distributed throughout the system, that the finest point cannot be inserted without coming in contact with one or more of them; and the sensation of pain thus produced proves the direct connection of every part of the body with the brain.

Plate 2, Fig. 1, shows a section of the brain; 1, its convolutions; 2, the upper portion, or cerebrum; 3, the little brain, or cerebellum; 4, the cavities or ventricles; 5, the upper portion of the spinal cord, or the medula oblongata; 6, the chief trunk of nerves, or spinal cord; 7, the first pair of nerves—those of smell; 8, nerves of sight; 9, motor nerves, supplying the muscles of the eyes; 10, supplying the roll of the eyes; 11, the great sensation nerves of the head and face; 12, supplying the *rectus externus* muscles; 13, nerves of hearing; 14, being the eight pair of nerves, send branches to the lungs, heart, stomach, &c.; 15, send branches to the tongue or lingual nerves; and 16, constitute the roots of some of the cervical nerves.

Description of Spinal Nerves, &c.

PLATE 2, FIG. 2.

1, A back view of the cerebrum; 2, the spinal cord; 3, the eight neck, or cervical nerves; 4, the dorsal nerves; 5, the five lumbar nerves; 6, the six sacral nerves; 7, a union of nerves called the brachial plexus; 8, the brachial, dividing at (*a*), forms the radial (*b*), the medial (*c*), and the ulnar (*d*); 9, the lumbar and sacral plexus; 10, the great ischiatic nerve, being the largest in the body; 11, the branches of the ischiatic, called the personeal (*e*), and the tibial (*f*); 12, the ganglia and nerves of organic life, called the sympathetic nerves.

Thus it will be seen that in whatever part of the system disease or debility may exist, the brain must perforce, partake of it, more or less, according to the importance of the part or organ so affected.

The causes of the whole string of diseases called *nervous* it would be impossible to enumerate in a work of this description —nor is it necessary to do so. For practical purposes it will suffice to say that the immediate cause of the alarming number of nervous and mental disorders prevailing amongst civilised nations, is mainly due to civilisation itself. Civilisation, which has done so much for humanity, contributed so largely to the happiness, comfort and intellectual greatness of man, has also forced him to acquire habits which are diametrically opposed to the preservation of health and prolongation of life. Civilisation compels us to close application to study or business, it compels us to reside in climates unsuited to our constitution, to be confined in hot and often ill-ventilated apartments, sedentary habits, &c.; and if it does not actually compel, it certainly teaches us to indulge in habits of intemperance in eating, drinking, smoking, and gratification of desires, which have a direct effect upon, and weaken, contaminate, and debilitate the whole system.

The first result of all this is what is commonly called *nervousness*, and includes—nervous depression, nervous debility, irritability, &c. — maladies very rife amongst persons of sedentary habits, or those who have exhausted the brain by severe mental labour, or weakened the bodily powers by drink, dissipation, or other vices too numerous to mention. The man who leads an active, open-air life, and is temperate in all things, is seldom or ever the victim of this distressing malady; nor does the active bustling woman, who meets trials and troubles with cheerfulness and resignation, and

who does her duty in that state of life in which circumstances may have placed her.

Nervous people are peevish and pining—having an unsound mind in an unsound body—and very frequently they have themselves to thank for this miserable condition; they have in some way violated the laws of health, generally through error, &c., but this is not always the case, for they may be the offspring of a sickly and nervous stock, or they may have fallen into this state through disease, or some unavoidable overtaxing of their bodily or mental powers. In either case these individuals are to be more pitied than blamed, and endeavours should be made to relieve them of symptoms which poison the springs of earthly enjoyment, and make life a burden rather than a blessing. Susceptibilty to the most trifling external influences marks this state of the nervous system; any unwonted sound or sight will set the heart palpitating, the head throbbing, and the hands trembling. Little troubles are magnified, and the emotions of the brain—whether of joy or sorrow—overpower the whole body. In these cases, resort is too commonly had to stimulants, which, although they stupefy the senses and deaden the susceptibility of the nerves for a time, are yet productive of corresponding depression when reaction takes place, and render both body and mind less capable of struggling against the malady.

We do not deny that in nervous, as well as in other diseases, stimulants, especially of the better class, are very useful adjuncts to the ordinary treatment, and may be used with signal advantage; but it is not safe for patients to resort to them at their own discretion, nor must they be substituted for the more efficient and permanent nervous stimulants, which beneficent nature has furnished us with—these latter though by a slower process, will produce better effects—but the effect once produced will be more natural and durable, and with well regulated diet, open air exercise, cold ablutions, cheerful society, and due attention to temperance in all things carnal, the patient may hope to be restored to his wonted health and vigour.

In the treatment of the various phases of nervous affections the Compounds which we give (No. 20 or 21) are very useful, so also are the Pills No. 25, which, in severe cases, should be taken in connection with the compounds mentioned above; but, in any case, great attention should be paid to the state

of the bowels, as any irregularity in that respect will tend to increase nervous irritability, and counteract the effects we endeavour to produce; and for that purpose, the Pills No. 23 or 31, will answer admirably—being of a mild though warm nature, and supplying the stomach and bowels with that stimulation which, in nervous disorders, these organs are invariably deficient of.

Diseases of the brain and nervous system are both man and various, depending principally upon the degree of violence done to the system; and the different names applied to them, are indications of that degree, as also of the locality in which the symptoms manifest themselves. Thus we find that what will cause, perhaps, neuralgia or tiedoloreux in one individual, may produce in others hysteria, paralysis, St. Vitus's dance, hypochondriasis, or even madness itself.

It is but too often the fashion, especially amongst allopathic practitioners to treat these different symptoms as if they had no relation to each other; and although, as we have already stated, no system of medication can be rational and successful, unless the remedies administered are in harmony with the symptoms; it is in respect to the *cause*, and in relation to the *effect* upon the system, that judgment and discretion are required, in order to successfully combat with disease in its various phases and degrees.

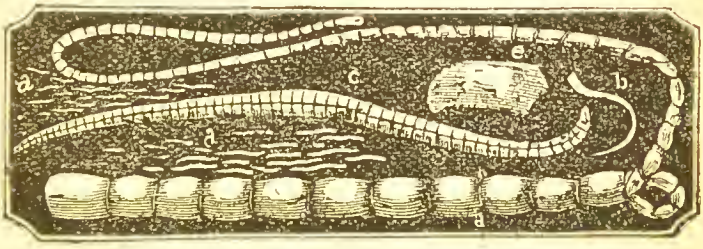
A great deal has of late years been said and written about an affection of the nervous system, denominated nervous debility. The words have been so abused by a number of unprincipled and ignorant individuals, that, did we refrain from mentioning it here, we should be failing in our duty to the public, and particularly to those who, through ignorance or credulity, are likely to become victims to the baits and snares which these wolves in sheep's clothing are constantly spreading for them.

It is to warn the sufferer from this complaint, and to impress upon him the danger of trusting his health and future happiness into the hands of these wily monsters, that we say these few words, trusting that the advice here given will tend to save at least a few from falling victims to these nefarious practices.

CHAPTER 11.

Worms.

The four most common species of intestinal worms found in the human subject are represented in the subjoined illustration, a description of which follows below. The symptoms of the presence of worms in the alimentary canal are—colicky pains and swelling in the abdomen; itching of the rectum and fundament; foulness of the breath, picking of the nose; irregularity of the bowels; grinding of the teeth at night; voracious or impaired appetite; and a general weakness and debility of the mental and corporeal functions.



(*a a*) *Ascarides Vermicularis.* — This species, commonly called maw or thread worm is about half an inch in length, and the thickness of a thread. They may infest every part of the alimentary canal, but principally the lower extremity of the bowels, causing pain and an intolerable itching in the nose and seat, and frequently they creep from the *anus* during sleep. Their increase is most rapid, and the number existing in one individual is often incredible. Cases are not uncommon, wherein the fæces or stools of the patient are composed of millions of these small creatures,—and this may happen to individuals at all ages.

(*b*) *Trichuris Vulgaris.*—These are the long thread-worms,

which are usually about two inches in length, and taper down from the head to the tail. These are not so common as the former, nor are they so numerous; but they also infest the whole alimentary canal, and are equally tormenting to the patient.

(*c.*) *Teres Lumbricodes.* — These long, round worms, are commonly about twelve inches long, and the thickness of a goose-quill, and when first passed are of a pink colour. These exist in the region of the stomach, causing sickness, bile, flatulence, head-ache, &c., and may be passed either by the mouth or the bowels.

(*d.*) *Tænia Solium*—**or** Tape Worm.—The distinguishing characteristic of this parasite consists in the *oscula* or mouths being situate upon the margin of each joint, which is flat; they vary in breadth, and often attain the enormous length of four or five hundred feet—the joints decreasing in width and length as they approach the head, which is not larger than that of a pin. In many cases the single joints—as represented at (*e*) —pass involuntary from the afflicted person. They exist in the stomach and intestines, and at times they may be felt distinctly moving, occasioning pain in the left side—generally under the breast. Irregular appetite, debility, head-ache, fainting, hysteria, epileptic fits, and even paralysis may result from the presence of this monster.

Treatment.

The principle to be adopted in the removal of worms is to produce a healthy action of the digestive organs. It is owing to the derangement of these that they exist, and their existence perpetuated. The following preparation is very effectual in expelling all kinds of worms from the system,—the dose being regulated according to the age and strength of the patient.

Carolina Pink-root, Alexandria Senna, Manna, and American worm-seed, of each half-an-ounce; bruise, and add one pint of boiling water; let it stand two hours, pour off the clear, and sweeten to taste.

This is to be taken before meals four times a day, in doses of from one to two wineglassfuls until the worms are expelled.

To prevent the formation of worms, tonics (Nos. 5 or 6) should be taken for some time after their expulsion from the system. To remove worms from children, the "American Globules" will be found sufficiently strong and effectual.

To Remove Tape Worms.

The health of the patient permitting, the following prescription, prepared and administered as directed below, is a certain remedy for the removal of *tape* worm—at least, we have never known it to fail.

Kousso powder	...	...	3 drachms.
Oil of male fern	...	...	½ drachm.
Oil of tansey ...	...	...	5 drops.
Oil of Southernwood	...	...	5 drops.
Tragacanth mucilage	...	...	½ oz.
Simple syrup	...	...	1 oz.
Cold water ...	...	...	3 ozs.

The above to be well mixed together, and taken in the following manner :—

The patient must take *no solid food after dinner*, and fast till next morning ; the above dose must be taken on the empty stomach, and half an hour afterwards 1½ ounces of castor oil. If there is no motion in 1½ hours after taking the oil, take another ounce of oil, which never fails to produce the desired effect.

When the tape worm begins to pass from the bowels, the patient should remain in the sitting posture, and patiently wait until it is entirely evacuated : he must by no means try to pull it away, as it is almost certain to break and leave the head behind, which will again increase in length, and the same difficulty and symptoms will present themselves.

Should this occur, or if it is suspected that the head has been left behind, the patient should commence to take the No. 5, and continue with it for at least a month, by which time, if the head has remained, the usual signs will be noticed, and the above dose will have to be repeated.

As the presence of these parasites is a source of weakness and debility, it is advisable that the above treatment should be followed in every case.

NOTE.—The above is the full dose for an adult ; for children under fourteen the dose should be reduced according to age.

CHAPTER 12.

General Directions for Gathering and Preserving Herbs, Roots, &c.

In giving a short description of the herbs, roots, barks, and flowers, we have not thought it advisable to give directions under their separate heads, of the time they are to be gathered, and how they are to be preserved; to have done that, it would have occupied more space than we have allotted to this subject, besides serving no useful purpose. It is but necessary to state that, as a general rule, all herbs, &c., should be gathered about noon on a dry day; they should be spread out thin, often turned, and subjected to a gentle heat to complete the drying process as quickly as possible. They should be put into brown paper bags, and hung in a dark place until wanted. This applies to every part—herb, root, bark, flower, &c., but the time of the year at which they should be collected is as follows: roots should be gathered in the early part of the summer; the plants or flowers, when in full bloom; and the bark and seeds in the fall of the year, when the plant, &c., is at maturity.

AGRIMONY. *Agrimonia Eupatoria.*

This is a common English plant. It is perennial, or grows continually from the same root. It is found in a wild state, but it is also cultivated in gardens. The root is long, large, and of a dark colour; the stalk is single, firm and round; the leaves are long, hairy, and notched at the edges, green above, and greyish underneath: the flowers stand at the top of the stem in the form of a large spike, and are of a beautiful yellow colour. After the flowers fall, the seeds appear of a long rough shape, like burs hanging downwards. It appears in June, and continues during the summer. This



SPEARMINT.



RUE.



WILD CARROT.



ARCHANGEL.



YARROW.



MOTHERWORT.



CLIVERS.



COMFREY.

plant is very good in jaundice, dropsy, gravel, small-pox, measles, and particularly for derangement of the liver.—(*Illustrated.*)

ANGELICA. *Angelica Sylvestris.*

There are three kinds of Angelica, the garden, the water, and the wild; it is a large and beautiful plant, very common in woods and marshy places; it is perennial, flowers in June or July; it grows from seven to eight feet in height, the stalks are thick, robust, hollow and smooth; the leaves are large and broad, and divided again into smaller ones; they are jagged or notched at the edges, of a bright green, and pointed; the flowers are white and bunched; the root is large, thick, and of a pleasant smell; the whole plant, root, leaves, and seed, are all used for medicine, and are an invaluable remedy for colic, indigestion, flatulency, cold and inflammation, but more especially in all kinds of fevers.—(*Illustrated.*)

ARCHANGEL. *Lycopus Europus*

There are three kinds of Archangel, the red, white, and yellow; they are called dead nettles; they do not sting, though they very much resemble the common nettles; they grow under hedges, old walls, neglected gardens, in woods, and amongst rubbish; they all contain the same properties. The Archangel is excellent for excessive menstruation, flooding, fluor albus, bleeding of the nose, and all internal and external bleeding, &c.—(*Illustrated.*)

AMERICAN POPLAR. *Populus Tremuloides.*

Tonic and febrifuge, has been used in intermittent fever with advantage. The fluid extract is reputed a valuable remedy in debility, want of appetite, feeble digestion, chronic diarrhœa and worms. It is said to possess active diuretic properties.

BALMONY. *Chelone Glabra.*

This plant is to be found on the borders of streams, in lanes, thickets and meadows, particularly where the ground is wet; it is called by the various names of bitter herb, fish mouth, turtle bloom, snake's heads, &c.; it is about the size of spearmint, and resembles it in height; its flowers are white, and very much resemble a snake's head, hence its name. It is a strong tonic or bitter; it is good for indigestion, tor-

pidity of the liver, and for removing the morbid secretions of the bile; it is also good for jaundice, worms, and loss of appetite.

BLUE FLAG. *Iris Versicolor.*

There are many kinds of Flag Root, but the blue or iris versicolor is considered the best for medicinal purposes. It is much cultivated in gardens, and grows wild in watery or damp places. The flowers are large and of a blue and varigated colour, which stand at the top of plain smooth stalks, about three feet high; the leaves are long and large, like the blade of a sword with two edges; the roots are thick, long, and knobby. It is an excellent remedy for dropsy.

BLOOD ROOT. *Sanguinaria Canadensis.*

The Blood Root is indigenous to America, and is found chiefly on the borders of pine or hemlock woods, meadows, low grounds and rocky places. The root when powdered is of a deep red colour, hence it derives its name. Blood root is much used in America for diseases of the chest. It acts strongly on the lungs and liver; in large doses it acts powerfully on the uterus. It is also a most excellent medicine for polypus in the nose, and removing proud flesh.

BAYBERRY. *Myrica Cerifera.*

The Bayberry is an aromatic bush or shrub, growing from three to ten feet in height. It is very common in America. The bark of the root possseses medicinal properties. It is a strong astringent, and an emetic when taken in large doses. It is one of the best remedies we have for removing canker; it is also an excellent remedy, combined with other articles, for dysentery and diarrhœa. (See Composition Powder).

BISTORT. *Polygonia Bistorta.*

This is a beautiful plant: it grows in our meadows, and when it flowers in May and June, is very conspicuous, as well as very elegant in its appearance. It is about a foot and a half in height, and the flowers grow in a thick spike at the top of stalk, and are of a bright red colour. The root is of a reddish colour internally, and blackish without. Bistort is one of the strongest astringents we have; it is most excellent for stopping internal bleeding of every kind, flux, dysentery, diarrhœa, cholera, &c. —(*Illustrated.*)

BONESET. *Eupatorium Perfoliatum.*

This plant is to be found in meadows and low moist ground; it grows from two to five feet high, branched at the top. The leaves are broadest where they are connected with the stalk, and taper off each way to a point. The flowers are of a dullish white colour, and grow on the top of the stem and branches. Boneset or Thoroughwort is one of the best herbs that can be given in all kinds of fever, erysipelas, and inflammations. It is also good in all diseases of the lungs; it is an expectorant, and in large doses an emetic; it is also one of the best medicines for producing perspiration and promoting secretions. It is tonic, laxative, antiseptic, diuretic and stimulant.—(*Illustrated.*)

BUCHU. *Diosma Crenata.*

The Buchu leaves that are imported into this country are of various kinds, but they all contain the same property in medicine. It is a powerful diuretic, stimulant, tonic, and aromatic; it is much extolled for chronic diseases of the bladder, dropsy, inflammation of the kidneys, &c.

BROOM. *Spartium Scoparium.*

A common naked looking shrub that grows on dry hilly ground. It grows two or three feet high; the stalks are very tough, angular, and green; the leaves are few and small, and rather scattered; they grow three together, and stand on long slender stalks; the flowers are numerous, and shaped like pea-blossom, and are of a beautiful bright yellow, appearing generally in May or June, and lasting.

This is a powerful diuretic, the fluid extract of which enters into the composition of the American Globules, &c. It may also be taken in infusion for obstruction of the kidneys and bladder.—(*Illustrated.*)

BURDOCK. *Aarctium Lappa.*

Providence has made some of the most useful plants the most common, and in many instances, for that reason, we foolishly neglect them. It is hardly necessary to describe the common burdock. It may be enough to say that it grows from one to two yards high, has vast leaves of a triangular shape, and is of a whitish green colour. The stalks are round, striated, and very tough; the flowers are small and red, and grow among

the hooked heads, which are also called burs, and which stick to our clothes. Even this seems a provision of nature in kindness to us. In carrying away these heads we scatter the seeds of which they are composed, and give rise to a most useful plant in a new place. The root of the burdock is very long, thick, and brown on the outside, and whitish within. This is the part used in medicine.—(*Illustrated.*)

BUCK BEAN. *Menyanthes Trifoliata.*

It grows wild in bogs and marshy places, the leaves grow three together; the flowers stand on naked stalks, which grow about twelve inches high. They grow in a spike or point, white, but slightly tinged with a rose colour on the outside, and beautifully fringed on the inside. The plant is perennial, bitter; and its properties are best extracted by infusion. Buckbean is much used in low marshy places for ague. It is a good medicine for removing obstructions of the liver, loss of appetite, female diseases, scurvy, rheumatism, gout, &c.—(*Illustrated.*)

BARBERRY. *Berberis Vulgaris.*

It grows wild in our hedges, and is very common in gardens; it grows to eight or ten feet high, in an irregular manner, and much branched; the berries hang in clusters in a grape-like form; the bark is whitish, and covered with prickles, three at a joint. The barberry bark has been used in all ages for jaundice, and is considered a specific for that disease; it is good in all derangements of the liver and bowels, indigestion, loss of appetite, &c.– (*Illustrated.*)

BLUE COHOSH. *Leontice Thalictroides.*

Possessed of diuretic, diaphoretic, and althehuintic properties; is a valuable agent in all chronic uterine diseases; appears to exert an especial influence upon the uterus; has been successfully employed in rheumatism, dropsy, colic, hiccough, epilepsy, uterine leucorrhœa, amenorrhœa, &c. In decoction, the blue cohosh is preferable to ergot in expediting delivery, in all those cases where the delay is owing to debility, or want of uterine nervous energy, or is the result of fatigue.

BLACK COHOSH. *Cimicifuga Racemosa.*

This remedy possesses an undoubted influence over the nervous system, and has been successfully used in chorea, epilepsy, nervous excitability, asthma, delirium tremens, and many spasmodic affections. In febrile disease it frequently produces diaphoretis and diuresis.

BURNET ROOT. *Sanguisorba.*

Valuable in all discharges of blood, diarrhœa, piles, seminal weakness, &c.—(*Illustrated.*)

BLACKBERRY ROOT. *Rubus Villosus.*

This is a very useful astringent and tonic, and may be used as a substitute for bayberry, when that cannot be obtained. Formed into a syrup, it is an excellent remedy for chronic diarrhœa, dysentery, and all bowel disorders.

CAMOMILE. *Anthemis Nobilis.*

This plant is very common. It grows about twelve inches in height; the stem is slender, trailing, hairy, and of a pale green; the flowers are of a lightish yellow. Camomile is a perennial plant, indigenous to the south of England, but cultivated in our gardens for the use of medicine.—(*Illustrated.*)

COLTSFOOT. *Tussilago Farfara.*

The peculiarity of this common but valuable herb is, that the flowers appear in the early spring, and before the leaves; they grow on stalks about eight inches high, which are round, thick and fleshy. On these stalks, at regular distances, are scales of a membranous nature; and the flowers which are of a bright yellow, and not unlike those of dandelion, grow one at the top of each stalk. The leaves, which are broad and roundish, green above and white and downy beneath, are the only part used as medicine.

Coltsfoot is of considerable value as an expectorant, and is serviceable in coughs, colds, and all diseases of the lungs, &c.; the dried leaves smoked as tobacco give relief in some cases of asthma, and are certainly superior to the ordinary tobacco.—(*Illustrated.*)

CENTUARY. *Sabbatia Angularis.*

This is a pretty wild plant, which flowers in autumn, growing in dry places; it is eight or ten inches high; the leaves

are oblong, broad and blunt at the point; the stalks are stiff, firm and erect; the flowers are of a fine pale red. There grows a cluster of leaves an inch or more from the root. It is a pleasing tonic, and a good antibilious medicine; it is much used for indigestion and derangement in the liver, such as jaundice, &c. For general debility, produced by long sickness, or when the stomach has been much impaired, it is a most valuable medicine.—(*Illustrated.*)

CAYENNE. *Capsicum Annum.*

The stem of this plant is thick, roundish, smooth, and branching, rising from twelve to thirty-six inches, and supports ovate, pointed, smooth, entire leaves, which are placed irregularly on long foot-stalks. The flowers are white, solitary, and stand on long penduncles at the axis of the leaves. The fruit is a pod-like pendulous berry, smooth, light, and shining, of a brightish scarlet, or sometimes of an orange colour. This plant is a native of Asia, Africa, and America. There are several species of cayenne pepper, but the *capsicum annum* and *capsicum baccatum* are the best. It is a pure stimulant, and one of the strongest that is known. It contains no narcotic property. For preventing congestion and removing inflammation there is not its equal in the whole Materia Medica.

CLIVERS. *Galium Aparine.*

It is an annual plant, growing very common in this country. It may be found in cultivated fields, by the borders of woods, hedges, &c. The stalks are weak, square, and very rough; the flowers are small and white. It may be known by sticking to people's clothes whenever it touches them. It is a good diuretic, and may be given with great benefit in all cases of obstruction, especially the urine. It is also a good antiscorbutic.—(*Illustrated.*)

COMFREY. *Symphytum Officinalis.*

This is a perennial wild plant, but it is much cultivated in gardens. It grows a foot and a half high; the leaves are large, long, not very broad, rough to the touch, and of a deep disagreeable green: the stalks are green, thick, angulated, and upright; the flowers grow along the top of the branches

and are white—sometimes reddish—not very large, and hang often downwards. The root is thick and irregular, black on the outside, and, when broken, is found to be white within, and full of slimy juice. Comfrey is very good when used for inflammation of the stomach and bowels, piles, diabetes, and female weaknesses.—(*Illustrated.*)

CRANESBILL. *Geranium Maculatum.*

The cranesbill has a perennial fleshy root, which sends up an erect herbaceous stem, with a number of radial leaves. The stem is round, branched, from twelve to twenty inches high, of a light green colour; the colour of the flower is of a dark or deep blackish purple; it grows in woods, meadows, or hedges, but most usually in low moist ground. Cranesbill may be used with very good effect in female diseases, such as fluor albus or whites, excessive menstruation, vomiting or expectorating blood, bleeding at the nose, and all internal bleeding; it is also very good for dysentery, diarrhœa, diabetes, cholera, and canker in the mouth.—(*Illustrated.*)

DANDELION. *Leontodon Taraxacum.*

Dandelion is so very common that a plot of ground can scarcely be seen where it does not present its yellow flowers. It is easily distinguished from the hawkweeds and other ligulated plants—so called from the petals being strap shaped—by the outer calyx, or flower cup, being bent downwards, and by the flower-stalk, which is simple, coloured, shining, and one flowered. The leaves all spring from the root, and are cut in a peculiar way, forming a good example of what botanists call runicate.

The seeds, in approaching to maturity, become crowned with fine feathers, disposed in a spherical shape, the root is perennial and taper shaped, which, with the whole of the plant, abounds with a milky juice. The young leaves eaten as a salad at the spring of the year, are an excellent alterative for the blood. —(*Illustrated.*)

ELECAMPANE. *Inula Helenium.*

This plant grows three feet high. It is found in rich pasture and meadow land, and the leaves very much resemble comfrey. The flowers are broad, round and yellow, and are ripe in the months of June, July and August. The root is

perennial, thick, brown, branching, and of an aromatic nature. Elecampane root may be used with great advantage in long standing coughs, colds, colic, whooping-cough, eruptive disease, and is also good for internal bleeding.—(*Illustrated.*)

ELDER FLOWERS. *Sambucus Canadensis.*

The flowers made into a warm infusion is diaphoretic and gently stimulant, while the cold infusion is diuretic, cooling, and alterative. Employed in hepatic derangements of children, erysipelatous, and exanthematous affections. It is a superior laxative and refrigerant.

ELDER DWARF. *Sambucus Ebulus.*

It is easily distinguished from the common elder, being lower and more of an herbaceous nature; it is generally found in waste places, by way sides, and it flowers in July; the flowers are white purplish hue; the stem is about three feet high, and the root creeping: it has a strong disagreeable smell. Dwarf Elder is one of the most powerful diuretics that we have in the vegetable kingdom; it acts with great power on the kidneys and urethra: it also acts powerfully on the liver and bowels, and is, therefore, good for dropsy, gravel, jaundice, and liver diseases.

FIGWORT. *Scrophularia.*

This is a very common, but valuable herb. As an alterative in scurvy, scrofula, or king's evil, or indeed any vitiated state of the blood, it can scarcely be surpassed. The fresh herb and root beaten up and applied as a poultice to foul scrofulous ulcers or sores, will cleanse them and induce the healing process. A half-cupful of the strong infusion should also be taken three or four times a day for some length of time.

The Figwort, or, as commonly called "Rose Noble," has a thick white root, with small knobs attached to it—growing obliquely under the ground; the stalk is square, brown and hard; the leaves, which are not unlike the nettle, though larger, do not sting, and grow two at a joint, and are jagged or toothed. The flowers are small, and of a red or purplish tinge, and stand at the top of the stalks, which are branched.

This herb grows in almost every part of Great Britain—delighting in moist and shady soil—in woods, the lower ends of fields, meadows, &c.—(*Illustrated.*)



PEPPERMINT.



SAGE.



ANGELICA.



CAMOMILE.

FEVERFEW. *Pyrethrum Parthenium.*

Tonic and carminative, with emmenagogue, vermifuge, and stimulant properties. This is an excellent agent in colds, flatulency, worms, hysteria, and in some types of febrile disease, and irregular menstruation.—(*Illustrated*).

FUMITORY. *Fumaria.*

This herb may be found growing in cornfields, amongst barley, &c., but it is also cultivated in gardens for its elegance chiefly. It is a mild alterative, diuretic, and aperient. It is, however, as a wash that it is highly esteemed—for scurf, dandriff, freckles, roughness of the skin, &c., for which purpose a strong tea should be made, and the parts washed therewith two or three times a day.—(*Illustrated*).

GOLDEN ROD. *Solidago Virgaurea.*

This is a very pretty wild plant that grows in woods and hedges; the leaves are long, broadest in the middle, and dented at the edges, and grow upon woody stalks about two feet high; the flowers are small, and are of a bright yellow colour; it is ripe towards the end of August; is most invaluable for stone and gravel, inflammation of the kidneys, and all obstructions of the urine, and for stopping bleeding from wounds. —*Illustrated.*

GOLDEN SEAL. *Hydrastis Canadensis.*

This is an annual plant; it is indigenous to the United States; the root, which is the part used as medicine, is perennial; it is one or two inches long, and rough or knotted, giving off a number of yellow fibres; the stem grows from one to two inches high, in rich, shady, moist lands; it is a tonic of the first class; it is intensely bitter, and is good in all cases of general debility, indigestion, jaundice, and derangement of the liver and bile. It forms a part of several of our compounds, powders and pills.

GROUND IVY. *Glechoma Hederacea.*

A low plant that creeps about the hedges, and flowers in spring; the leaves are roundish, and notched at the edges; in spring they are of a purplish colour, and the flowers blue;

the leaves stand two at each joint, and the roots are fibrous. It is an excellent antiscorbutic medicine, and is very good in all cases of scurvy, scrofula, diseases of the kidneys and bladder, jaundice, &c.—(*Illustrated.*)

GINGER. *Zingiber Officinale.*

Ginger is a grateful stimulant and carminative, often given in dyspepsia, flatulency, and imperfect digestion, as well as in colic, nausea, gout, spasms, cholera morbus, &c.

HOREHOUND. *Marrubium Vulgare.*

Horehound has a fibrous perennial root, with several annual stems, which are erect, very downy, and from ten to sixteen inches high; the flowers are white, and the points of their cups are prickly. It is an excellent tonic; it is also antispasmodic and expectorant. It is much used in asthma, coughs, and all affections of the lungs—especially consumption.—(*Illustrated.*)

HYSSOP. *Hyssopus Officinalis*

This is a pretty plant, cultivated in gardens for medicinal purposes. It grows two feet high; the stalks are square, robust, upright, and of a pale green colour; the leaves stand two at each point, they are long and narrow, pointed at the ends, and of a bright green colour; the flowers are small, and they stand in long spikes at the tops of the branches, and are of a beautiful blue colour. It is a favourite herb, and is much used as a domestic remedy in asthma, coughs, colds, and all affections of the chest.—(*Illustrated.*)

IPECAC. *Cephælis Ipecacuanha.*

It is a mild and tolerably certain emetic, and being usually thrown from the stomach in one or two efforts, it is not apt to produce dangerous effects. It is especially useful when poisons have been swallowed; in cases of dysentery; as a nauseate in asthma, whooping cough, and hœmorrhages, and as an expectorant in catarrhal and other pulmonary affections.

JUNIPER BERRIES. *Juniperus Communis.*

Stomachic, carminative, and diuretic. Employed with good

success in cases of impairment of the appetite and digestion, acts as a healthful stimulant in chronic affections of the badder, gonorrhœa, leucorrhœa, gleet, and scorbutic diseases. Favourably spoken of by Van Swieten as a stimulating diuretic in dropsy.—(*Illustrated.*)

LOBELIA. *Lobelia Inflata.*

The lobelia inflata is a very common plant, growing in pastures, on the roadside, and in neglected cornfields throughout America. It usually grows to the height of twelve inches, with a fibrous root, and a very hairy, solitary, and erect and angular stem, much branched two-thirds of the way, rising considerably above the summit of the highest branches. The flowers are supported on short foot stalks, and are of a delicate bluish colour; the pod is an oval inflated capsule, crowned with the persistent calyx, and containing in two cells, numerous very small brown seeds. The seeds, leaves, and capsules are the only parts used. Lobelia is one of the best remedies with which we are acquainted, for asthma, consumption, and all diseases of the lungs. It is an invaluable expectorant, and in whooping cough and asthma it often acts like a charm.—(*Illustrated.*)

LIVERWORT. *Hepatica Triloba.*

Liverwort is to be found in moist and shady places, growing in a moss-like fashion, in unfrequented roadsides, in woods, or between rocks where the sunbeams seldom reach. There are several kinds of this plant, but they all possess similar properties. The whole of this plant may be used in either infusion, decoction, tincture or fluid extract. Liverwort is slightly astringent and tonic, deobstruent and demulcent. It is excellent for liver complaint, biliousness, jaundice, &c.. also as an expectorant in a hard and dry cough.—(*Illustrated.*)

MARSH MALLOW. *Althœa Officinalis.*

A tall wild plant, frequent about salt marshes, and the sides of rivers where the tide ebbs and flows. It grows to three or four feet in height; the stalk is round, upright and thick, and somewhat hairy; the leaves are large, broad at the base, small at the point, of a figure approaching to triangular and indented round the edges; they are of a whitish green colour, and soft to the touch like velvet. The flowers are large

and whitish, with a faint tinge of red; they are of the same size as those of the eommon mallow. The root is the part most used, it is white, long and thick, of an insipid taste, and full of a mucilaginous juice. A strong infusion is excellent in promoting urine, and bringing away gravel and small stones, stranguary, &c. The root is also of great use as an outward application in poultices, fomentations for allaying pains arising from inflammatory tumours, also for burns, festers and all other local affections. It is from the root that marsh mallow ointment should be made, to prepare which see ointments.—(*Illustrated*).

MALE FERN. *Aspidum Filix Mas.*

Its specific is proper anthelmintic. The accounts of its efficacy in treatment of tapeworm, are too numerous and well established to admit of any reasonable doubt on the subject.—(*Illustrated*).

MOTHER WORT. *Leonurus Cardiaca.*

Recommended in nervous complaints, in irritable habits, delirium tremens, in all chronic diseases attended with restlessness, wakefulness, disturbed sleep, spinal irritation, neuralgic pains, and in liver affections.—(*Illustrated*).

ORANGE PEEL. *Auranti Cortes.*

It is a mild tonic, carminative, and stomachic, but is seldom used alone. It is a useful addition to bitter infusions and decoctions.

PINUS CANADENSIS. *Canadian Pine.*

The extract prepared from the bark is a valuable remedy in the treatment of chronic diarrhœa, in the last stages of dysentery, and infantile cholera. The astringent properties seem to indicate its employment in hœmorrhoids, menorrhagia, &c.

PAREIRA. *Pareira Brava.*

Useful in calculous affections, disease of the urinary passages, chronic inflammation and ulceration of the kidneys and bladder. It allays irritability of the bladder, and corrects the disposition to profuse mucous secretions.

PENNYROYAL. *Mentha Pulegium.*

A wild creeping plant, commonly found in marshy places. The stem of a reddish colour, round and about a foot long; the leaves are of a pale green colour, small, and pointed at the ends—the flowers are red, and grow round the joints in beautiful clusters. Pennyroyal is a valuable article, and may be used freely in all cases of colic, flatulency, and sickness of the stomach. A strong tea of it is good in gravel, suppression of the urine, and obstruction of the menses.—(*Illustrated*).

PEPPERMINT. *Mentha Piperata.*

This is a common garden herb, and is a useful stimulating carminative. It is given for flatulence and irritation of the stomach. The distilled water of peppermint is a safe remedy for young children suffering from wind in the stomach or bowels, and may also be employed as a vehicle for more powerful medicines for either young or old.—(*Illustrated*).

PERUVIAN BARK *Cinchona.*

There are several species of the Cinchona Tree yielding this bark, but they all possess nearly the same medicinal properties. It is from this bark that the well known *Quinine* of commerce is prepared: but for our part, we prefer the use of the bark itself, where a tonic and stomachic is indicated.

Peruvian bark may be taken either in spirituous tincture or ordinary infusion; in either form, it is a good medicine for debility of the digestive organs. It is also considered a specific in ague, and in cases of low fever. Dose.—Of the tincture, a teaspoonful three times a day; of the infusion, a wineglassful three or four times daily—before meals.

PRICKLY ASH. *Xanthoxylum Fraxineum*

Used in languid conditions of the system; in rheumatism, chronic syphilis, and hepatic derangements. The Xanthoxylum may be used in all cases when it is desired to stimulate and strengthen mucous tissues.

POKE ROOT. *Phytolacca Decandra.*

A highly valuable root in all diseases of the glandular system, and used in syphilitic, mercurio-syphilitic, cutaneous and rheumatic affections.

PLEURISY ROOT. *Asclepias Tuberoso.*

Pleurisy root is carminative, tonic, and diuretic; used in pleurisy, pneumonia, catarrh, febrile diseases, acute rheumatism and dysentery. Efficient in flatulency and indigestion.

PIPSISSEWAY. *Chimaphila Umbellata.*

Tonic, diuretic, and astringent. Highly recommended in dropsy; useful in disordered digestion and general debility; rheumatism, nephritic affections, and scrofula; in obstinate ill-conditioned ulcers; in cutaneous eruptions; in chronic affections of the urinary organs.

QUEEN'S DELIGHT. *Stillingia Sylvatica.*

A highly valuable remedy in scrofulous, primary and secondary syphilitic, hepatic and cutaneous disease.

QUASSIA. *Simmaruba Excelsa.*

It possesses in the highest degree all the properties of simple bitters. It is purely tonic, invigorating the digestive organs, with little excitement of the circulation, or increase of animal heat. Particularly adapted to dyspepsia, and to that debilitated state of the digestive organs which usually succeeds acute diseases.

REST HARROW. *Ononis arvensis.*

A little, tough, and almost shrubby plant, is common in dry fields and by the road side. It grows a foot high; the stalks are round, reddish, tough, and almost woody; the leaves are numerous and stand three on every foot-stalk. There are several short and sharp prickles about the stalks, principally at the insertion of the leaves; the leaves are of a dark green, and seriated about the edges; the flowers are small and purple, they stand upon the leaves towards the top of the stalks, and are in shape like pea blossoms, only they are flat; each is followed by a small pod; the root is white, very long, tough, and woody; the root ought to be taken up fresh for that purpose.—(*Illustrated*).

Use—Obstruction of urine, dropsy, jaundice, &c.

RASPBERRY LEAVES (Red.) *Rubus Idæus.*

This is a pretty little shrub, found in many parts of this country growing wild; it is also extensively cultivated in our gardens throughout the United Kingdom. The stalks are of a pale brown colour, prickly, round, and tender; the leaves are each composed of five others; they are large, hairy, and indented about the edges; the colour is a pale green; the fruit is the well-known raspberry so common in our markets in season; the leaves are excellent for bowel complaints, for removing canker, and for sore or inflamed eyes; the root (pulverised) is a good tonic and corrector of bile and bilious habits.

RED SAGE. *Salvia Officinalis.*

There are several varieties of garden sage—green, red, green with varigated leaves, &c. That with red, or dark coloured leaves is the most common in our gardens; it is of a warm, bitter, aromatic taste and pleasant smell; an infusion of it (sage tea) is good in all nervous diseases; it promotes perspiration, and throws out offending matter; it operates by urine, and promotes the menstrual discharges when suppressed; exeellent as a gargle in simple sore throat.—(*Illustrated.*)

RHUBARB. *Rheum Palmatum.*

Used as a purgative in mild eases of diarrhœa and cholera infantum; as a stomachic and tonic in dyspepsia accompanied with debilitated condition of the digestive organs; as a purgative for infants it is valuable, and is well adapted to a variety of children's complaints.

RUE. *Ruta Graveolens.*

Its action is chiefly directed to the uterus; in moderate doses proving emmenagogue, and in large doses, producing a degree of irritation in that organ which sometimes determines abortion. It has been successfully used in flatulent colic, hysteria, epilepsy, and is an efficient vermifuge.—(*Illustrated.*)

SENNA LEAVES. *Cassia Acutifolia.*

The leaves of this plant are so well-known in Britain, that we need not give any description of them here—they can be obtained in an druggist's or botanist's shop. There are two

sorts sold in this country — the Alexandrian and the East Indian; they are better mixed. To prevent griping, add a little ginger; this makes a mild but excellent cathartic.

SASSAFRAS. *Laurus Sassafras.*

Stimulant, diaphoretic, and alterative. It is a very useful ingredient in compounds for impurities of the blood. The bark of the root should be used, and not the chips which are sold in shops.

SUMMER SAVORY. *Satureja Hortensis.*

This is stimulant, carminative and diaphoretic. Its active properties reside in a volatile oil. The infusion warms and invigorates the stomach, promotes perspiration, and, if taken freely, will usually arrest a sudden cold or slight febrile attack. —(*Illustrated*).

ST. JOHN'S WORT. *Hypericum Perforatum.*

A pretty plant, frequent in pastures and other dry places, and growing to about eighteen inches in height; the stalk is round, firm and upright, and divides into several branches at the top; the leaves are of a bright green colour, and when held up against the light they appear to be full of minute perforations; the flowers, which are of a bright yellow, and are full yellow threads, grow at the tops of the branches, and are the only part used in medicine.

This herb is very valuable in most of the diseases of the kidneys and bladder—promoting urine and allaying inflammation of the bladder, ureters, &c. It may be used either in decoction, tincture, electuary, or powder, answering well in either form.—(*Illustrated*).

SENEKA. *Polygala Senega.*

Seneka is a stimulating diuretic and expectorant, and, in large doses, emetic and cathartic. It excites more or less all the secretions. It is peculiarly useful in chronic catarrhal affections, the secondary stages of croup, and in pneumonia.

SLIPPERY ELM. *Ulmus Fulva.*

Slippery elm is a native tree of North America. The stem is seldom above thirty feet high, trunk slender, dividing into numerous branches, furnished with a rough light-coloured



LIVERWORT.



BURDOCK.



CENTUARY.



SCULL-CAP.



ST. JOHN'S WORT.



LOBELIA INFLATA.



HYSSOP.



COLTSFOOT.

bark; leaves, oval oblong: buds of a tawny colour; flowers yellow, and succeeded by membranous seed vessels of a compressed and oval shape, containing one oval seed. The inner bark is rather brittle, very mucilaginous, and is the only part used in medicine. Useful in bowel complaints, stranguary, sore throat, catarrh, pneumonia, pleurisy, or inflammation of the lungs, stomach, and bowels, &c. As an external application, in the form of poultice, it is an admirable remedy (far exceeding any other known production in the world) for felons, ulcers, tumours, swellings, gun-shot wounds, chilblains, scabs, &c. It quickly and powerfully allays inflammation, promotes resolution and suppuration, and heals speedily.—(*Illustrated*).

SOUTHERNWOOD. *Artemisia Abrotanum.*

Southernwood is an evergreen garden shrub; aromatic, tonic and anti-spasmodic. Administered with benefit in intermittents to increase the appetite, in chronic dyspepsia, to promote the early re-establishment of the digestive functions to their normal state. A tea made of the leaves and sweetened is a good remedy to remove worms from children or delicate persons.—(*Illustrated*).

SCULL-CAP. *Scutellaria Laterifolia.*

The plant grows by the side of rivulets and damp places; the root is small and fibrous, the stem is four cornered, and rises to the height of one or two feet; the flowers, which are blue, appear in July, the seed vessels each contain four seeds and are of a light green colour. Scull-cap may be taken in powder, infusion or extract, and is one of the best nervines in use; it is an excellent tonic and anti-spasmodic; it may be employed with advantage in nervous affections; it is particullarly useful in convulsions, lock-jaw, delirium-tremens, and St. Vitus's dance.—(*Illustrated*).

SPEARMINT. *Mentha Viridis.*

This differs from Peppermint both in appearance and virtues. The leaves of spearmint are longer and of a brighter green; the flowers stand at the top of the stalk in shape of a spike or spear—hence its name. The essential oil of spearmint is valuable as an outward application in sprains and bruises, also in the different species of rheumatism. A strong tea of the herb is also useful as a diuretic in obstructions of the kidneys by cold, &c.

Being of a pleasant flavour, the leaves are used as a salad to the more windy kinds of foods, viz. :—lamb, green peas, new potatoes, &c.—(*Illustrated.*)

SKUNK CABBAGE. *Ictodes Fœtidus.*

This plant is found in great abundance in many parts of America; it grows in wet meadows, swamps and other damp places. The root is fibrous, the leaves are large, of a bright green colour, without stem or stalk; it has a peculiarly disagreeable smell, resembling the skunk, hence its name. It is useful in hysterics, spasms, colds, coughs, consumption, and asthma. It is good in cases of low nervous fevers, pleurisy, inflammation, &c.

SQUILL. *Scilla Maritima.*

Squill is expectorant, diuretic, and in large doses, emetic and purgative. As an expectorant it is used both in cases of deficent and superabundant secretion from the bronchial mucous membrane. It is used in dropsy to increase the secretory action of the kidneys.

SARSAPARILLA. *Smilax Officinalis.*

Possesses a high reputation as an alterative in the treatment of chronic rheumatism, scrofulous affections, cutaneous affections, syphiloid disease, and that depraved condition of the general health to which it is difficult to apply a name.

TANSY. *Tanacetum Vulgare.*

Aromatic, tonic, and anthelmintic. The warm infusion prepared from the fluid extract is a very good emmenagogue and diaphoretic. Tansy will be found useful, in small doses, in hysteria and dyspepsia, complicated with flatulency, and in convalescence from exhausting diseases. It is regarded as especially serviceable to expel worms.

TORMENTIL. *Tormentilla.*

This is a very valuable astringent, and may be used with signal benefit in diarrhœa, bleeding piles, or indeed, in any case of relaxation or excessive dischargeof any kind.

Being of a drying nature, it is serviceable as an outward application to running or bleeding sores and scrofulous ulcers—the patient meanwhile taking purifying medicine inwardly. The root is the only part used, and may be taken in decoction, infusion, or powder, mixed with syrup or honey.—(*Illustrated.*)

TURMERIC. *Curcuma Longa.*

Stimulant, aromatic tonic, discussive and healing. Used especially in jaundice and the itch; also employed in debilitated states of the stomach, intermittent fever and dropsy.

THYME. *Thymus Vulgaris.*

Tonic, carminative, emmenagogue, and anti-spasmodic. Employed as a stimulating tonic in hysteria, dysmenorrhœa, colic, cephalgia, and in a debilitated state of the stomach.

VALERIAN ROOT. *Valeriana Officinalis.*

This is a tall wild plant, to be found in great abundance in this island; it grows in marshes, woods, and heaths; it is also cultivated in some gardens. The root (which is the part used in medicine) is slender, with a number of blackish threads attached to it, and possessing a strong disagreeable smell. The stalks are round, upright, and of a pale green colour; its leaves are composed of several pairs, with an odd one at the end; they are large, beautiful, of a faint greenish colour, and somewhat hairy; they are long, narrow, and indented at the edges. The flowers are small, and grow in little tufts at the end of the stalks; they are white, and slightly tinged with red. The root is an excellent nervine and diuretic, and may be used with advantage in all nervous complaints, hysteria, epilepsy and paralytic affections.—(*Illustrated.*)

VERVIAN. *Verbena Hastata.*

This plant was highly extolled by the ancients, and almost numberless virtues ascribed to it. It is found in lanes, by the roadside, and in fields, especially in light chalky soil; the root is fibrous and woody; the branches square, from two to three feet high; the leaves, which are acutely indented at the edges, are narrow, rough, and terminate in a sharp point;

the flowers are small, and of a blue colour, inclining to purple. This is an excellent emetic, and may be used instead of the lobelia inflata; it is also good in consumption, asthmatic cough and scrofulous affections.—(*Illustrated.*)

WALL PELLITORY. *Parietaria Officinalis.*

A wild plant, frequent on the walls. It grows a foot high, stalk and branches weak, leaves of a dusky green. The stalks are round, tender, and a little hairy, jointed, and often purplish. The leaves stand irregularly on them, and smaller at the end. The flowers stand close upon the stalks, and are small and inconsiderable, of a whitish green colour when open, but reddish in the bud. The whole plant is used, and is best fresh. A strong infusion works powerfully by urine, and is excellent against gravel. It forms one of the principal ingredients in the American Globules.—(*Illustrated.*)

WILD CARROT. *Doucus Carota.*

The wild carrot may be found by the hedges and roadsides of most countries in Europe. Its growth is somewhat like the garden carrot, but its stalks and leaves are rougher and whiter. The flowers cluster on the tops of the stalks, the edges of which rise higher than the middle, and give it the appearance of a nest—hence it is often designated the bird's nest or bee's nest by the country people. It is very beneficial in gravel, diseases of the bladder, and obstructed menses; also in calculus, stranguary, hiccup, and flatulent diseases.—(*Illustrated.*)

WORMWOOD. *Artemisia Absinthium*

A wild plant, frequent by waysides and ditch banks. The stalks are round, striated, white, firm, and branched: the leaves are large, and divided into a great number of small parts. They are of a pale whitish green, and stand irregularly on the stalk, some much larger and similar in appearance, rise from the root; the flowers consist of small yellow buttons attached to the sides of the upper stalks. The whole plant is of a very bitter taste. Wormwood is possessed of very valuable stimulant and tonic properties. If administered in too large doses it is apt to create heat in the epigastric

region, thirst and other symptoms of irritation of the stomach; but in moderate doses it promotes appetite and digestion, quickens the circulation, and imparts a strengthening influence to the whole system. It is given in all cases requiring the administration of tonics—in dyspepsia, and other atonic states of the intestinal canal, in cases of amenorrhœa, chronic leucorrhœa, and in obstinate diarrhœa, depending upon debility of the membranes of the intestines. It is often administered in intermittent fever with complete success. It is likewise given as an anthelmintic to expel worms. The herb is very useful for fomentation in bruises and inflammation in general. The fluid extract of this valuable herb is one of the principal ingredients in the American globules.

The oil also is of great efficacy as an outward application. (See rheumatic embrocation, No. 44.)—(*Illustrated.*)

WILD CHERRY. *Prunis Virginiana.*

Tonic and stimulant in its operation on the digestive organs, at the same time exercising a sedative influence on the circulatory and nervous system. It is useful in the convalescent stages of inflammatory attacks, and in many pulmonary diseases, imparting tonicity without exciting unduly the heart and blood vessels.

WATER PEPPER. *Polygonum Punctatum.*

Stimulant, diuretic, emmenagogue, antiseptic, and vesicant. Used in cold, coughs, gravel, uterine diseases, &c. Its properties are similar to cayenne, but in inferior degree.

WORMSEED. *Chenopodium Anthelminticum.*

Wormseed is one of our most efficient indigenous anthelmintics, and is thought to be particularly adapted to the expulsion of the round worms in children. A dose of it is usually given before breakfast in the morning, and at bedtime in the evening for three or four days successively, and then followed by some cathartic.

WINTER GREEN. *Chimaphilla Umbellata.*

A small evergreen shrub, a native of Canada and the United States of America. It is an admirable diuretic, and

may be used in obstruction of the water, dropsy or stone in the bladder; also as an alterative or purifier of the blood.

WHITE INDIAN HEMP. *Asclepias Incarnata.*

Emetic, carthartic, and diuretic. Useful in catarrh, asthma, rheumatism, syphilis, and worms. It also possesses narcotic properties, and, in small quantities, it may be combined with coltsfoot to form a smoking mixture.

WILD TURNIP. *Arum Triphillum.*

Acrid, expectorant, diaphoretic. Recommended in flatulence, croup, whooping cough, gastritis, asthma, chronic laryngitis, bronchitis, low stage of typhus fever, and various affections connected with a cachectic state of the system.

YARROW. *Achillea Millefolium.*

The common name by which this plant is known is very significant—milfoil, thousand leaved. It grows abundantly in this country, and may be found in old fields, in lanes, hedge rows, by the sides of ditches, canals, and streams. The root is perennal, the stem rises twelve or eighteen inches high; its "thousand leaves" resemble those of the carrot. and it is crowned with a cluster of white flowers, so closely connected that they appear as one. For obstructed perspiration, colds, coughs, and fevers in the first stage, there is not a better remedy in nature. For any of these forms of disease, a strong decoction, with a little cayenne pepper may be taken with decided advantage.—(*Illustrated*).

YELLOW DOCK. *Rumex Crispus.*

There are many kinds of dock—the broadleaf dock, yellow dock, and water dock. They have all the same properties, but being so common they need no description. The docks are an excellent remedy for scurvy, scrofula, itch, and all impurities of the blood (see dock ointment).

COMPOUNDS.

The doses prescribed under each of the following compounds are those to be taken by adults; in case of children, or aged persons, the doses should be modified according to the age and strength of the patient.

The following rule will serve as a guide for the administration of our Botanic remedies, viz.:—

From	4	to 7	years,	give 1-4th.
,,	7	12	,,	1-half.
,,	12	18	,,	3-4ths.

Above that age the full dose may be given.

No. 1.

Lobelia seed	...	...	¼ oz.
Pleurisy root	...	...	¼ oz.
Eleeampane	...	...	½ oz.
Aniseed	...	...	½ oz.
Horehound	...	...	½ oz.
Blood root	...	...	¼ oz.
Cayenne	...	...	⅛ oz.

All in fine powder; mix, and infuse for ten days in one pint of Irish Whiskey (proof), shake it up morning and night, and then strain. Add to the tincture ½ oz. of Spirits of Camphor, and ½ oz. of Essence of Spearmint. Boil one pound of white sugar in a half pint of water, to the consistency of a syrup, mix with the above tincture, bottle and keep in a cool place.

The above compound seldom fails to give relief in all diseases of the chest and lungs, such as coughs, colds, asthma, consumption, difficulty of breathing, wind or spasms, influenza, &c.

Dose—One or two teaspoonfuls three times a day.

No. 2.

Spikenard root	...	...	1 oz.
Comfrey root	...	...	1 oz.
Wild cherry bark	...	...	1 oz.
Lobelia herb	...	...	½ oz.

Simmer gently in two quarts of water down to two pints, whe cool, pour off the infusion and add one pound of white sugar, let it simmer again for fifteen minutes. When quite cold add Essence of Ginger one ounce, Tincture of Cayenne ⅛ ounce, and proof Spirits of Wine half a pint. Mix well and bottle for use. Dose—Two teaspoonfuls three or four times a day. Useful in chronic diseases of the Lungs, attended by indigestion, flatulonee, &e.

No, 3.

Skunk cabbage	...	...	1 oz.
Pleurisy root	...	...	1 oz.
Elecampane	...	...	1 oz.
Liquorice root	...	...	1 oz.

Bruise and simmer in two quarts of water down to one, press through a cloth and allow it to settle. Pour off the clear and add one pound of best honey, two ounces of acid tincture of lobelia, and ⅛ ounce of tincture of cayenne; shake well together and keep in a cool place. This is an excellent compound for all bronchial affections, and especially useful in chronic bronchitis, asthma, dry cough, &e.

Dose—One tablespoonful three or four times a day.

No. 4.

Horehound	...	...	2 oz.
Coltsfoot	.	..	2 oz.
Hyssop	...	...	1 oz.
Liquorice root	...	...	1 oz.
Ginger root bruised	...	...	1 oz.

Simmer the above in two quarts of water down to one; strain, and add one pound of honey and half-pint of old Jamaica rum, Mix well and bottle. Dose—One tablespoonful three, four, or five times a day. This is a very useful cough mixture; being easily prepared, it should be kept in every house.



TORMENTIL.



MALE FERN.



VERVAIN



JUNIPER

No. 5.

Bogbean	...	...	½ oz.
Golden Seal	...	...	½ oz.
Poplar bark	...	...	½ oz.
Peruvian bark	...	...	½ oz.
Centuary	...	...	½ oz.
Orange peel	...	...	1 oz.
Ginger	...	...	1 oz.

All in a coarse powder.

Mix and infuse in 1½ pints of good old sherry, shaking it well daily for fourteen days; strain clear, and add four ounces of the expressed juice of dandelion, and one ounce of essence of wormwood. Shake well together and bottle for use.

Dose—one teaspoonful three or four times a day.

Use—For indigestion, loss of appetite, general debility, pain between the shoulders, weakness, &c.

No. 6.

Bayberry bark	...	...	1 oz.
Wormwood	...	...	½ oz.
Columba root	...	...	1 oz.
Wild cherry bark	...	...	1 oz.
Valerian	...	...	½ oz.

All in fine powder. Mix and infuse for ten days, in one and a half pints of Madeira wine; decant the clear and add, fluid extract of hops half-ounce, and essence of ginger one ounce; shake well together and keep well stopped. Dose—one teaspoonful three or four times a day in half a wineglass of weak composition tea or water. An excellent medicine to restore the digestive organs after any acute disease; and in combination with No. 17, is useful in scrofula, scurvy, &c.

No. 7.

Balmony	...	...	½ oz.
Mandrake (American)		...	½ oz.
Bitter root	...	...	½ oz.
Lobelia herb.	...	...	½ oz.
Barberry bark	...	...	½ oz.
Liverwort	...	...	½ oz.

All in fine powder. Infuse for ten days in one and a half pints of proof spirits of wine, shaking it every day; strain

off the clear tincture and keep well stopped. Dose.—half a teaspoonful three times a day, in bayberry bark tea.

Use.—For liver complaint, billiousness, jaundice, sick head ache, sluggish liver, &c.

No. 8.

White pond lily root	...	1 oz.
Rhubarb	...	1 oz.
Bayberry bark ...	...	2 oz.
Wild cherry bark ...	...	1 oz.
Sugar	...	8 oz.

Simmer awhile in one quart of water, and when cold, add tincture of myrrh one ounce, spirits of camphor two ounces, tincture of cayenne one drachm, and brown brandy half-pint. Mix well together and bottle for use. This Compound is an invaluable remedy in dysentery, diarrhœa, summer complaints, &c. Dose—one or two tablespoonfuls four times a day, according to age and necessity of the case.

No. 9.

Fluid extract of golden seal	...	¼ oz.
,, ,, mandrake	...	¼ oz.
,, ,, prickly ash	...	¼ oz.
Tincture of motherwort	..	½ oz.
,, ,, culvers-root	...	¼ oz.

The above to be added to 16 ounces of infusion of dandelion roots, and taken in two teaspoonful doses three times a day. For sluggish liver, attended with weakness of the nerves, &c.

No. 10.

Tincture of tormentil root	...	1 oz.
,, myrrh ..	...	1 oz.
,, ginger ...	...	½ oz.
Simple syrup	...	4 oz.

Mix, and take one teaspoonful after every stool until the necessity for doing so ceases. Use.—For the same purpose as No. 8 preceding.

No. 11.—ELECTUARY FOR PILES.

Flowers of sulphur, one ounce; cream of tartar, half an ounce; treacle, a sufficient quantity to form an electuary.

Dose—A tablespoonful of this may be taken three or four times a day. This will give relief from the painful symptoms produced by costiveness in the case of hœmorrhoids or piles.

No. 12.

Pelitory on the wall	...	...	1 oz.
Dandelion ...	...	...	1 oz.
Dwarf elder	...	...	1 oz.
Wild carrot	...	...	1 oz.
Lobelia ...	...	...	½ oz.

All in powder.

Infuse in one and a half pints of best Hollands gin for 14 days, shake it twice daily. Pour off the clear tincture and add 30 drops of tincture of cayenne, and take it in teaspoonful doses four times a day, in a wineglassful of infusion of buchu. For dropsy, retention of urine, ulceration of the bladder, &c.

No. 13.

Fluid extracts of buchu, parsley piert, queen of the meadow, pumpkin seeds, and dandelion, of each one ounce; simple syrup, eight ounces.

Dose—One teaspoonful three times a day in infusion of broom. For stranguary, spasms of the urinary organs, scalding, irritation of the urethra and bladder, gravel, and all dropsical affections.

No. 14.

Queen of the meadow ...		...	1 oz.
Juniper berries	...	...	1 oz.
St. John's wort	...	...	1 oz.
Parsley root	...	...	1 oz.
Broom ...	...	...	1 oz.
Blue flag ...	...	...	1 oz.

Simmer in three pints of water down to one half; press through a cloth, and add one pound of lump sugar; simmer

again for a few minutes. and when cold add tincture of lobelia one ounce, essence of spearmint one ounce, and Hollands gin half-pint. Mix well, and bottle for use.

For obstruction of the kidneys, pain in the back, scanty discharge of urine, &c. Dose—one or two teaspoonfuls three times a day in half a teacup of dandelion tea.

No. 15.

Fluid extract of	Prickly ash ..	1 oz.
,, ,,	Poke root ..	1 oz.
,, ,,	Queen's delight ..	1 oz.
Tincture of	Guaiacum	2 oz.
Tincture of	Cayenne	20 drops
Simple syrup		8 oz.

Dose—one teaspoonful three or four times a day.

For rheumatism, gout, sciatica, rheumatic gout, muscular and gonorrhœal rheumatism, &c.

No. 16.

Poke root ..		1 oz.
Prickly ash		1 oz.
Cayenne ..		$\frac{1}{4}$ oz.
Gum guaiacum		$\frac{1}{4}$ oz.
Gum camphor		$\frac{1}{8}$ oz.

Macerate for 14 days in $1\frac{1}{2}$ pints of rectified spirits of wine, keep in a bottle well corked, and in a warm place, shaking the bottle morning and night, then filter. Simmer two pounds of lump sugar in one quart of water to the consistency of a syrup, and when cold add to it the tincture, shaking them well together until thoroughly mixed, then bottle for use.

Dose—one or two teaspoonfuls three times a day.

This also is an excellent remedy for chronic rheumatism, lumbago, sciatica, and all rheumatic affections, and should be used in conjunction with the liniment No. 43 or 44.

No. 17.

Sarsaparilla root	..	..	4 oz.
Sassafras bark	..	..	2 oz.
Spotted alder	..	..	2 oz.
Burdock root	..	..	4 oz.
Yellow dock	..	..	2 oz.
Blue flag ..	..	..	1 oz.

Simmer all the above in one gallon of water down to two quarts, then strain and add three pounds of lump sugar, simmer until reduced to a syrup, and when cold, add essence of pipsisaway one ounce, tincture of cayenne quarter ounce, and tincture of cloves quarter ounce; shake them well and bottle for use. Dose.—one teaspoonful three times a day, in half-teacup of clivers tea.

For diseases of the skin. pimples, blotches, eruptions, bad legs, ulcers, tumours, boils and all impurities of the blood.

No. 18.

Fumitory	..	..	1 oz.
Yellow parilla	..	..	1 oz.
Scurvy grass	..	..	1 oz.
Ground ivy	..	..	1 oz.
Elder flowers	..	..	1 oz.

Simmer in two quarts of water down to one: then add simple syrup half-pint, and essence of sassafras quarter ounce.

Dose.—two tablespoonfuls three times a day. This also is excellent for all impurities of the blood.

No. 19.

Fluid extract of	Burdock	..	1 oz.
,, ,,	Yellow dock	..	1 oz.
,, ,,	Dandelion	..	1 oz.
,, ,,	Sarsaparilla	..	1 oz.
,, ,,	Sassafras	..	1 oz.
Simple syrup	..	..	12 oz.

Dose.—one tablespoonful three or four times a day.

For scrofula, scurvy, bad legs, syphilitic affections, &c.

No. 20.

Scullcap	...	...	4 oz.
Valerian	...	...	2 oz.
Spearmint	...	...	1 oz.
Wild cherry bark		...	2 oz.
Prickly ash seeds		...	1 oz.

Simmer the above in two quarts of water down to one quart; strain off the clear, and when cold, add—compound tincture of lavender one ounce, spirits of camphor half ounce, tincture of cayenne quarter ounce, and tincture of motherwort four ounces. Mix well and keep well corked.

Dose.—Two teaspoonfuls three or four times a day—before meals.

Use.—This compound is an excellent nervine in debility of the nervous system; and may also be taken with great advantage in cases of epilepsy, hysteric fits, neuralgia, St. Vitus's dance, nervous head-ache, &c.

No. 21.

Fluid extracts of cypripedium, scullcap, valerian, motherwort, of each one ounce, tincture of Peruvian bark two ounces, simple syrup ten ounces; mix, and take one teaspoonful three or four times a day. For derangement of the nervous system, melanchololia, hypochondriasis, hysteria, &c.

No. 22.—COMPOUND PILL OF RHUBARB.

Rhubarb, in powder		...	3 oz.
Aloes	,,	...	2 oz.
Myrrh	,,	...	1½ oz.
Ginger	,,	...	1 oz.

Castile soap and oil of peppermint, of each 1½ drachms.

Dose.—One or two pills at bedtime.

A mild aperient and an excellent family medicine.

No. 23.—INDIAN PILLS.

Best Turkey rhubarb		...	4 oz.
Socotrine aloes	...	...	4 oz.
Lobelia herb, in powder		...	¼ oz.

Golden seal	...	...	2 oz.
Ginger ...	...	...	2 oz.
Cayenne ...	...	...	¼ oz.

Mix this mass with gum mucilage, and when it is about half mixed, it will greatly improve it if a drachm of the essential oil of spearmint be added. These pills are excellent in indigestion, constipation, flatuleney, and all diseases of the stomach and bowels. One of these pills should be taken three times a day, or two at night and one in the morning, or as required. These are the real Indian pills, with the addition of the spearmint.

No. 24.—GRAVEL PILLS.

Ginger ...	...	...	1 oz.
Castile soap	...	...	1 oz.
Carbonate of soda	...	...	1 oz.

Oil of juniper, sufficient to make a mass.

Two pills half an hour before dinner, for a few days.

No. 25.—NERVINE PILLS.

Assafœtida	...	...	1 oz.
Extract of hops	...	...	1 oz.
Valerian ...	...	...	1 oz.
Ginger ..	...	...	1 oz.

Mix with gum acacia. Dose—one or two, in hysterics and all nervous derangements.

No. 26.—RHEUMATIC PILLS.

Poke root, in powder ...	...	...	1 oz.
Gum guaiacum	...	...	1 oz.
Cayenne ...	...	...	1 oz.
Lobelia ...	...	...	½ oz.

Dose—for chronic rheumatism, two pills three times a day.

No. 27.—FEMALE PILLS.

Gum myrrh	...	...	1 oz.
Unicorn root	...	...	1 oz.
Tansy ...	...	...	1 oz.
Socotrine aloes	...	...	2 dr.
Lobelia ...	...	...	2 dr.
Black cohosh	...	...	1 oz.
Cayenne ...	...	...	1 oz.

Gum mucilage sufficient to make into pills.

Dose.—Three pills every night until relief is obtained. For female obstructions, headache, depression of spirits, dulness of sight, nervous affections, pimples, sallowness of the skin, and female irregularities.

No, 28.—COUGH PILLS.

Gum ammoniac	...	...	1 oz.
Extract of lobelia	...	...	¼ oz.
Lobelia herb	...	...	¼ oz.
Turkey rhubarb	...	...	¼ oz.
Aniseed, powdered	...	...	¼ oz.
Cayenne	...	...	¼ oz.

Dissolve the gum and extract in a little hot water, then add the mass, and mix with thick mucilage. These pills are excellent in long standing cough, asthma, or consumption.

One or two, three times a day.

No. 29.—HEPATIC, OR LIVER PILLS.

Blood root	..	...	¼ oz.
Golden seal	...	...	½ oz.
Best aloes	...	...	¼ oz.
Kurcuma	..	...	¼ oz.
Mandrake (American)	...	...	¼ oz.
Extract of dandelion	..	...	1 oz.

Dissolve the extract in a strong infusion of barbery bark, and mix the whole with gum mucilage. These pills are excellent in chronic liver complaints, jaundice, &c. They may be taken in doses of two night and morning.

No. 30.—CAYENNE PILLS.

Cayenne	...	...	...	½ oz.
Best ginger	...	...	...	½ oz.
Angelica root	...	...	...	¼ oz.

Mix the mass with gum mucilage, and form into good-sized pills. These pills are good when persons cannot take cayenne in a liquid form; they may be taken three or four at a time, three times a day. They are good for aged persons, when natural heat is declining.

No. 31.—STOMACH PILLS.

Extract of gentian	...	..	½ oz.
Golden seal ...	...	...	¼ oz.
Barberry bark, fine	...	...	½ oz.
Gum myrrh . .	...	...	½ oz.
Cayenne ...	...	...	¼ oz.

Dissolve the extract in a strong infusion of wormwood, hog-beau or centuary, or all together, then form into pills with gum arabic. These pills are good for restoring lost appetite and strengthening the digestive organs; two or three may be taken four times a day.

No. 32.—SYPHILITIC PILLS.

Solid extract of poke root		...	4 drachms.
Ditto	blue flag	...	2 ,,
Ditto	mandrake	...	2 ,,
Ditto	prickly ash	...	1 ,,

Divide into three grain pills, and take one every three or four hours.

No. 33.—CAMOMILE PILLS.

Extract of camomile	...	...	1 oz.
Camomile flowers, powder		...	½ oz.
Extract of gentian	...	...	½ oz.
Turkey rhubarb powder		...	¼ oz.
Valerian powder	...	...	¼ oz.
Best ginger ,,	...	...	¼ oz.

Mix this mass with a little tincture of ginger, and a few drops of the essential oil of camomile. These pills are excellent for persons who are troubled with headache and derange-ment of the stomach. Two or three should be taken three times a day.

No. 34.—COMPOSITION POWDER.

Bayberry bark	...	...	16 oz.
Best ginger ...	...	...	8 oz.
Pinus Canadensis	...	...	2 oz.
Cloves ...	...	...	2 oz.
Sassafras ...	...	...	2 oz.
Cinnamon ...	...	...	1 oz.
Cayenne pepper	...	...	1 oz.

All in fine powder, mixed, and sifted through a fine sieve.

Dose—one teaspoonful in half a cupful of hot water, sweetened; milk or cream may be added to make it more agreeable.

This powder being stimulant, astringent and tonic, is an invaluable family medicine, being adapted to all forms of disease.

For the cure of cold, inflammation and fever, sore throat, and sudden attacks of every kind, there is no other remedy equal to it, and as a preventive of disease it is most invaluable. We recommend the "Composition powder" as a safe, simple, and efficient remedy.

No. 35.—COMPOSITION WINE, OR "CORDIAL,"

Is prepared as follows:—one ounce of composition powder is put into a quart jug, to which is added eight ounces of lump sugar. The jug is then filled with boiling water, stirred well and allowed to stand until cold. The liquid is then strained off and bottled. This is drank as ordinary wine at any time. It is a beautiful preparation, and assists to raise up the debilitated, and sustain the temperature of health.

No. 36.—FEMALE RESTORATIVE POWDER.

Unicorn root	..	..	1 oz.
Golden seal	..	...	1 oz.
Poplar bark	..	...	1 oz,
Myrrh	..	...	1 oz.
Cloves	...	...	1 oz.
Bayberry	...	...	1 oz.
Cayenne	...	...	½ oz.
Lump sugar	...	...	8 oz.

All finely powdered and well mixed:

This compound is particularly designed for complaints of weakly females; for fluor albus, bearing down, weakness, profuse menstruation, &c.

Dose—a teaspoonful in half a cupful of hot water, three times a day.

No. 37.—FEMALE CORRECTIVE POWDER.

Poplar bark	..	..	4 oz.
Gum myrrh	..	..	4 oz.
Cayenne ..	..	..	½ oz.
Unicorn ..	..	..	4 oz.
Bayberry ..	..	..	2 oz.
Tansy ..	..	..	4 oz.
Gum aloes ..	..	..	½ oz.

All finely pulverised, sifted and mixed. Dose—half a teaspoonful in molasses or honey, three or four times a day.

This compound is designed for obstructed or suppressed menstruation.

No. 38.—ANTI-CHOLERA POWDER.

Valerian ..	..	..	1 oz.
Tormentil root	..	..	1 oz.
Catechu ..	..	..	1 oz.
Bayberry ..	..	..	1 oz.
Cinnamon ..	..	..	¼ oz.
Bistort ..	..	..	1 oz.
Peppermint plant	..	...	1 oz.
Ginger ..	..	..	1 oz.
Cayenne ..	..	..	¼ oz.

All finely pulverised and mixed together.

Upon three teaspoonfuls of this mixture, pour half a pint of boiling water. Let it steep a short time. Dose—A wine glassful every half-hour or hour, until the urgent symptoms are abated, when it may be taken about three times a day until cured

This is an invaluable preparation for cholera, summer complaints, diarrhœa, dysentery, and all bowel disorders.

No. 39.—ALTERATIVE OR PURIFYING POWDER.

Yellow dock	..	..	4 oz.
Golden seal	..	..	2 oz.
Sassafras bark	..	..	4 oz.
Sarsaparilla	..	..	4 oz.
Burdock ..	..	..	4 oz.
Cayenne ..	..	..	½ oz.

All in fine powder. Mix and take one teaspoonful three times a day, in honey or treacle. In cancer, scrofula, and all diseases of the skin as a general alterative and purifier of the blood. A teacupful of clivers tea to be taken morning and night.

No. 40.—DIURETIC POWDER.

Juniper berries, powdered ...	4 oz.
Parsley root	4 oz.
Blue flag	2 oz.
Lobelia	¼ oz.
Buchu	4 oz.
Broom	2 oz.

Rub into the above compound, in a mortar, quarter ounce oil of wintergreen. Dose—one teaspoonful in spearmint tea, hot, three times a day. For irritation of the bladder, suppression of urine, &c.

No. 41.—ANTI-SPASMODIC POWDER.

Pleurisy root	2 oz.
Valerian	1 oz.
Sculleap	½ oz.
Lobelia herb	¼ oz.
Cinnamon	¼ oz.
Cayenne	¼ oz.

All finely powdered and well-mixed. It may be taken in half teaspoonful doses in a teacup of hot mint, pennyroyal, or yarrow tea, as often as necessary. The powder is an excellent remedy in spasms, lock-jaw, and cramp in the stomach and bowels; it is also an excellent remedy in fits, convulsions, and hysterial affections.

No. 42.—FEMALE TONIC POWDERS.

Comfrey	2 oz.
Resin	1 oz.
Elecampane	2 oz.
Loaf sugar	8 oz.

All finely pulverized and well mixed. Dose—half a teaspoonful twice a day with honey or treacle.

A valuable remedy for the fluor albus or whites.

No. 43.—RHEUMATIC LINIMENT.

Cayenne	...	...	...	½ oz.
Table salt	...	...	...	2 oz.

Pour on one pint of boiling vinegar, and when cold add two ounces of tincture of myrrh, and a quarter ounce each of the essential oils of spearmint, sassafras, and origanum; mix the oils well with the tincture of myrrh, before adding to the vinegar, cayenne, and salt. Bathe the part affected with warm water, for ten or fifteen minutes; wipe dry with a rough towel, and rub the liniment in well for ten orfifteen minutes, repeating the application if necessary.

No. 44.—RHEUMATIC EMBROCATION.

Oil of amber	...	...	...	1 oz.
Oil of sassafras	...	...	...	1 oz.
Oil of red cedar	...	...	...	½ oz.
Oil of turpentine	...	...	...	½ oz.
Oil of wormwood	...	...	...	½ oz.
Gum camphor	...	...	...	½ oz.
Essence of cayenne	...	...	...	½ oz.
Rect. spirits of wine	...	...	...	1 pt.

Shake them well until thoroughly mixed, and keep well corked. This is a very valuable embrocation for rheumatism, sciatica, lumbago, neuralgia, or pain of any kind, in fact, this is the great American pain killer.

No. 45.—GOUT LINIMENT.

Oil of pinus canadensis	...	...	...	1 oz.
Gum camphor	...	...	...	½ oz.
Proof spirits of wine	...	..	..	1 pt.

When the camphor is dissolved, it is then ready for use—which is to be done by saturating clean linen cloths, and applying to the affected parts.

No. 46.—LINIMENT FOR BURNS.

Take equal parts of linseed oil and lime water, shake them well together in a wide-mouthed bottle. This is an excellent application for recent burns, scalds, &c., the parts being annointed therewith three or four times a day.

No. 47.—EYE LOTION.

Powdered golden seal		¼ oz.

Infuse for twenty-four hours in half a pint of soft cold water, pour off the clear, and add, tincture of myrrh 30 drops and simple tincture of lobelia 20 drops. Mix. Use for inflamed eye-lids, chronic ophthalmia, &c.

No. 48.

Another excellent eye lotion may be prepared by infusing one ounce of red raspberry leaves in one pint of boiling water for six hours; strain and use milk warm. For weak or inflamed eyes this simple lotion cannot be surpassed.

No. 49.—CLEANSING LOTION.

Infusion of yellow dock	..	½ pint.
Simple tincture of myrrh	..	½ oz.

This forms a very good lotion for cleansing old sores, ulcers, &c.

No. 50.

Tincture of myrrh		1 oz.
Tincture of bayberry		1 oz.
Cold water		6 oz.

Use to wash old sores, ulcers, &c., also for ringworm, tetters, carbuncles, &c.

No. 51.—POULTICE.

Two parts slippery elm and one of white pond lily.

Add water and milk until of the consistency required.

This poultice is unequalled in point of value for all inflammatory sores, burns and parts where the skin is off. It soothes the parts, and allays the pain and inflammation. In boils, cancers, tumours, felons, wounds, fistulas, and bad legs it stands unrivalled.

No. 52.—POULTICE.

Slippery elm two parts, ginger one part, lobelia one part.

Mix them together with a little warm water.

This makes an excellent poultice for all hard swellings, and gouty feet, stiff, swelled and painful joints, carbuncles, and whitlows.

No. 53.—SIMPLE POULTICE.

Linseed meal a sufficient quantity.

Mix with hot water.

This may be used when slippery elm cannot be obtained.

No. 54.—POULTICE.

Take slippery elm and an equal quantity of the dregs of tincture of myrrh.

Moisten with a little water, and add a small quantity of golden seal.

This is very useful in indolent ulcers, carbuncles and long-standing inflammation.

No. 55.—ELDER OINTMENT.

Elder flowers, fresh—bruise them in a mortar, and gently simmer with just sufficient fresh lard to cover the flowers until the juice is all evaporated and the flowers become crisp, but not burnt ; press through a coarse cloth, and keep in pots for use.

This is an excellent ointment for gathered breasts and sore nipples.

No. 56.—MARSH-MALLOW OINTMENT.

Fresh marsh-mallow herb and root, bruise them in a mortar, and prepare the same as elder ointment. Used in inflammatory swellings, chapped hands, chilblains, sore eyes, &c.

No. 57.—HEALING AND CLEANSING OINTMENT.

Burgundy pitch	. .	...	6 oz.
Bee's wax	...	...	2 oz.
Treacle ...	...	...	4 oz.
Hog's lard...	...	...	3 oz.
Onions, sliced	...	...	4 oz.

Boil the whole over a slow fire for twenty minutes, then strain through a coarse cloth, and add two ounces of olive oil. This is an excellent ointment for cleansing foul ulcers, scrofulous tumours, &c.

No. 58.—PILE OINTMENT.

Cranesbill ...	...	...	1 oz.
Pinus canadensis	...	...	1 oz.
Oak galls ...	...	...	1 oz.

All in fine powder, mix well in one pound of lard.

Very useful in external piles. Spread the ointment on a piece of linen or soft leather, and confine it to the parts by means of a bandage.

No. 59.—OINTMENT OF SULPHUR.

Hog's lard, prepared four ounces, flower of sulphur one and a half ounces, essence of lemon fifteen drops.

This ointment rubbed upon the part affected, will generally cure the itch. It is both the best and safest application for that purpose; and, when made in this way, has no disagreeable smell.

No. 60.—DOCK OINTMENT.

Dock root, sliced, green		...	2 oz.
Mutton suet ...	...	...	4 oz.
Pinus canadensis	...	...	2 oz.
Hog's lard ...	...	...	1½ lb.

Bruise the roots in a mortar, and simmer the whole on a slow fire two or three hours; strain through a coarse cloth, and stir it until cold. This is one of the best ointments that can be prepared for scurvy, scrofula, ringworm, &c. It may be applied two or three times a day.

No. 61.—HOREHOUND BEER.

Horehound	...	...	2 oz.
Hyssop	...	...	2 oz.
Yarrow	...	...	2 oz.
Cayenne	...	...	1 drachm

Simmer in two gallons of water down to one gallon; when cold, strain through a cloth. Dissolve two pounds of loaf sugar in a gallon of water; mix with the above, and when blood warm add half a pint of Brewer's yeast. Allow it to ferment twenty four hours before bottling. This is a stimulating and wholesome beverage, especially for those who are confined in close rooms, factories, mines, &c.

No. 62.—INFUSION OF LINSEED.

Linseed	...	...	2 oz.
Boiling water	...	...	2 pints

Infuse for four hours, then strain, and use for coughs, hoarseness, &c.

No. 63.—INFUSION OF SPEARMINT.

Spearmint	...	...	½ oz.
Boiling water	...	..	1 pint

Infuse fifteen minutes and strain. Dose—one tablespoonful every two hours for a child about two years old.

This tea is excellent for vomiting, nausea, and retching; it is also strongly diuretic, good in fever, &c.

No. 64.—PENNYROYAL TEA.

Pennyroyal leaves, dried	...		1 oz.
Boiling water	...	...	1 pint

Infuse twenty-five minutes. Dose—a teacupful for an adult, to be taken warm at bed time.

Excellent in suppression of the menses, stranguary, suppression of urine and gravel.

No. 65.—INFUSION OF ELECAMPANE.

Elecampane	...	...	1 oz.
Boiling water	...	...	1 pint
Honey	...	...	2 oz.

Infuse twenty minutes, then strain. Dose—half a teacupful every two hours. As a stomachic and pectoral.

No. 66.—INFUSION OF CAMOMILE.

Camomile flowers	...	...	1 oz.
Boiling water	...	...	2 pints

Infuse for thirty minutes, then strain. Dose—a wineglassful two or three times a day. For flatuleney, dyspepsia, colic, &c.

No. 67.—INFUSION OF HOREHOUND.

Horehound	...	..	1 oz.
Boiling water	...	...	2 pints

Infuse for two hours, then strain. Dose—half a teacupful three or four times a day, for all affections of the chest.

No. 68.—DECOCTION OF SARSAPARILLA.

Sarsaparilla root, bruised	...	2 oz.
Shavings of guaiacum wood	...	1 oz.

Simmer over a slow fire in three quarts of water down to one; adding towards the end, half an ounce of sassafras wood and three drachms of liquorice; strain.

Dose—a wineglassful three times a day. This is a mild alterative and may be taken with advantage to correct a vitiated state of the blood.

No. 69.—COMPOUND DECOCTION OF BURDOCK.

Burdock roots, bruised	...	...	3 oz.
Ginger ,, ,,	...	...	1 oz.
Clivers	...	...	2 oz.

Simmer in three quarts of water down to three pints and strain. Dose—a wineglassful three or four times a day before meals, in connection with the American Globules. This also is an excellent purifier of the blood.

No. 70.—DECOCTION OF MALLOWS.

Take of the roots of marsh-mallows, moderately dried, three ounces; raisins of the sun, one ounce; water, three pints. Simmer the ingredients in the water till one third of it is consumed; afterwards strain the decoction, and let it stand for some time to settle. If the roots be thoroughly dried, they must be simmered till one half of the water is consumed.

In coughs, and sharp defluctions upon the lungs, this decoction may be used for ordinary drink.

No. 71. DECOTION OF SENEKA.

Take of seneka or rattlesnake root, one ounce; water, a pint and a half. Simmer to one pint and strain.

This is recommended in pleurisy, dropsy, rheumatism and some obstinate disorders of the skin. Dose—a wineglassfull three or four times a day, or oftener if the stomach will bear it.

No. 72.—RELAXING INJECTION.

Lobelia herb ...	...	...	½ drachm
Slippery elm ...	...	...	1 ,,
Scullcap ...	...	...	½ ,,
Valerian root ...	...	...	1 ,,

Boiling water two teacupfuls.

Let it steep about ten minutes, then strain, and administer luke-warm. In inveterate costiveness, cholic, &c.

No. 73.—TOOTHACHE DROPS.

Oil of sassafras	...	...	½ oz.
Oil of summer savory	...	...	½ oz.
Oil of cloves ...	...	...	½ oz.
Oil of spearmint	...	...	½ oz.

Mix—dip a piece of cotton wool in the drops, and put it in the hollow of the tooth, or apply to the gums.

No. 74.—ESSENCES.

All essences are prepared by mixing one part of the essential oil of any plant, &c., with twelve parts of rectified spirits of wine, as :—

Oil of spearmint	...	...	1 oz.
Spirits of wine	...	...	12 oz.

No. 75.—TINCTURE OF LOBELIA.

Lobelia herb ...	...	..	4 oz.
Rectified spirit	...	...	1 pint
Water ...	...	...	1 ,,

Infuse twelve days and strain.

No. 76. ACID TINCTURE OF LOBELIA.

Lobelia seed pulv.	...	...	½ ounce
Lobelia herb pulv.	...	...	1½ ,,
Cayenne ...	...	...	½ drachm
Best vinegar ...	...	...	1 pint

Boil the vinegar, and rub the powders in a mortar, with the vinegar, then bottle, and shake it every day for a week, after which, strain, and it is fit for use. This tincture is generally given to children as an emetic, in teaspoonful doses, in a little pennyroyal tea, every twenty minutes until it operates. It is a good remedy in asthma and consumption.

No. 77.—TINCTURE OF GINGER.

Best ginger, bruised	...	...	4 ounces
Spirits, (proof)	...	...	1½ pints
Cloves ...	...	...	1 ounce
Angelica ...	...	...	½ ounce

Macerate ten days. This is a very useful preparation of ginger, as it possesses all the active properties of the root, it is stimulant and carminative, and is very useful in flatulency, wind in the stomach, &c.

No. 78.—TINCTURE OF MYRRH.

Gum myrrh ...	...	...	4 ounces
Rectified spirits of wine		...	1 pint

Infuse six days and strain. This is an excellent wash for offensive ulcers and for all wounds where there is a tendency to mortification.

No. 79.—TINCTURE OF CAYENNE.

Cayenne ...	...	...	1½ ounce
Spirits of wine ...	...	...	12 ,,

Infuse for one week. This tincture, mixed with hot water, and sweetened, is very good taken internally, for cramps in the stomach and bowels.

No. 80.—TINCTURE OF RHUBARB.

Rhubarb, bruised	...	...	1½ ounce
Cardamon seed	..	...	¼ ,,
Proof spirits of wine	...	...	1 pint

Macerate fourteen days, strain and filter. Dose—one, two, or three teaspoonfuls, according to age.

No. 81.—TINCTURE OF CATECHU.

Gum catechu, pulv.	...	...	1 oz.
Gum kino, pulv.	...	...	½ oz.
Cinnamon, pulv.	...	...	¼ oz.
Cloves ...	...	...	¼ oz.

Rub these powders well in a wedgewood mortar, add one pint of spirits of wine, and shake it up every day for a week, then strain. This tincture may be used for bad cases of diarrhœa and dysentery, along with other medicines.

No. 82.—ANTI-SPASMODIC TINCTURE.

Skullcap ...	...	...	1 oz.
Lobelia seed ...	...	...	1 oz.
Burdock seed, pulv.	...	...	1 oz.
Gum myrrh	...	...	1 oz.
Cayenne ...	...	...	½ oz.
Prickly ash berries or bark		...	½ oz.

Infuse these powders in one quart of spirits of wine for one week, shake it up every day, and strain through muslin. The dose varies according to age, from five drops to two teaspoonfuls, which may be given in a little hot water. It is chiefly used in convultions, hysterical attacks, delirium tremens, lockjaw and suspended animation.

No. 83.—SYRUP OF RHUBARB.

Best turkey rhubarb	...	...	2 ounces
Boiling water	...	...	1 pint.

Macerate for twenty four hours, add lump sugar two pounds simmer until a syrup is formed. Dose—from one to two teaspoonfuls, as a mild aperient.

No. 84.—SYRUP OF HOREHOUND.

Horehound ...	...	...	2 ounces
Honey	...	...	8 ,,
Boiling water ...	...	...	1 pint

Infuse for twenty four hours, strain, then add four ounces of proof spirits of wine, and essence of ginger 30 drops, bottle for use

Two teaspoonfuls every four hours for coughs, asthma, &c.

No. 85.—SIMPLE SYRUP.

To every pint of water add one pound of best loaf sugar, gently simmer over a slow fire twenty minutes; take off the scum as it rises. Used to make compound syrups, or as a vehicle for administering other active medicines or powders. If it is desired to keep this syrup for any length of time, add one ounce of rectified spirits of wine to each pint of syrup.

No. 86.—GARGLES

Vinegar half-pint, honey two ounces, tincture cayenne thirty drops, and tincture of myrrh one ounce. Mix and use in sore throat, quinsy, hoarseness, relaxation of tonsils, &c.

No. 87.

Red sage half ounce, hyssop half ounce. On this pour one pint of boiling water, let it stand for one hour, strain, and add tincture of myrrh one and a half ounce, treacle four ounces. Mix, and use in ulceration of the mouth, inflammation of the throat, fauces, &c.

No. 88.

Infusion of bayberry	...	...	6 oz.
Tincture of myrrh	...	...	1 oz.
Glycerine	...	...	1 oz.

In ulceration of the mouth, throat, and in aphthæ.

No. 89.—COMPOUND TINCTURE OF LOBELIA.

Lobelia seed	...	...	½ oz.
Myrrh ...	...	...	½ oz.
Cayenne ...	...	...	½ oz.

All in fine powder, infuse in half pint of proof spirits of wine for ten days, decant and keep well stopped.

No. 90.—HERB BEER FOR THE BLOOD.

Burdock roots		2 ounces
Clivers		2 ,,
Tops of young stinging nettles		4 ,,
Ground ivy		2 ,,
Jamaica ginger root	...	2 ,,

The roots to be well bruised, and the whole to be simmered in two gallons of water, down to one, strain; dissolve two pounds of loaf sugar in one gallon of boiling water, ferment with yeast same as ginger beer, 24 hours before bottling. This forms an excellent beverage, and is far superior to any of the herb beers sold in the shops.

No. 91.—CLEANSING LOTION.

Tincture of bayberry bark	...	1 ounce
Tincture of myrrh	...	1 ,,
Tincture of cayenne	...	30 drops
Infusion of wormwood	...	6 ounces

This is a stimulating lotion; and is useful in scrofulous ulcers, ringworm, tetter, carbuncles, &c.

AMERICAN GLOBULES.

THE following is the prescription for the preparation of the American Globules as manufactured by us, and to which frequent allusion has been made in this work. It will be seen by the directions given below, that they are not to be swallowed as ordinary pills, but allowed to be dissolved in the month. The advantages of administering medicine in this form are many, a few of which we will here give.

1st.—By using the active principle of the very best remedies, we so reduce the bulk and consequent disagreeableness in taking it, that it may be taken by the greatest hater of *physic*, or even by children.

2nd.—By combining those ingredients with sugar and allowing them to dissolve, we gain a double object—that of the admixture of the medicine with the alkaline fluid from the salivary glands, before it enters the general circulation, as well as the direct inhalation by the lungs, of a certain portion of the volatile principle the medicine contains—thus coming in direct contact with the blood.

3rd.—By this manner of preparing medicine, it may be preserved for any length of time without deterioration, provided it be kept in a dry and moderately warm place.

Thus it will be seen that the "Globules" prepared and taken as follows, combine many advantages, and should therefore be kept in every house, as, by taking a dose or two at the first symptoms of indisposition, a great deal of suffering and expense may thereby be avoided.

TO PREPARE THE GLOBULES.

Put six ounces of soft moist sugar into a brass pan, and add fluid extract of buckbean, wormwood, mandrake and barberry bark, of each one drachm; mix with the sugar, and place it on a slow fire. Stir well to prevent burning, and when nearly dissolved, add the fluid extract of lungwort, pleurisy root, horchound and lobelia, of each one drachm; stir again, and then add the fluid extracts of blue flag, pellitory of the wall, and broom, of each one drachm; of the pure juice of daudelion two drachms, and one drachm each of the fluid extract of cleavers and burdock. Add fluid extract of poke root and prickly ash, of each one drachm. Keep it on the fire until it has attained the proper consistency, then pour the whole on a metal plate, and while warm add the nervines, valerian and scullcap in fine powder, of each one drachm. Mix it well by pulling it while warm; then divide into seven grain globules, by pulling them through a proper machine.

Directions for use.—Give a child two years old one globule, from two to six, one night and morning; from six and under fourteen, one three times a day; a grown up person two globules three times a day. Do not swallow them whole, but allow them gently to dissolve in the mouth.

NOTE.—For the convenience of those who do not wish to prepare the "Globules" for themselves, but would prefer to have them ready prepared, we will send them from our permanent establishment to any address in the United Kingdom on receipt of postage stamps at the following rate:

One box for fourteen penny stamps, or five boxes sixty stamps —post free.

Each box contains 80 Globules and has printed directions for use attached to it.

THE EYE.

Without presuming to attempt a description of this marvellously beautiful and complex structure, a few words respecting the connection between the organ of vision and the chief organ of sensation—the brain, may not be out of place.

Plate 3, Fig. 1, represents the eyeball surrounded by muscles, ligaments, nerves, &c. We have refrained from giving references to the different parts, solely on account of the limited space we can devote to this subject, in a work of this description; but as the eye, or the sense of sight, is so closely connected with, and exerts so great an influence upon the other organs of the body; and whereas, on the other hand, the derangement of any of the internal organs or systems (independent of direct injury to the eye), so greatly affect the sense of vision, it is incumbent upon us to make a few remarks respecting it, especially as some of the diseases of which we have already treated, have, more or less, a direct injurious effect upon this, the most delicate and delightful of all our senses.

Considering the delicate construction and consequent sensitiveness of the eye, it is not at all surprising that it should also be subject to many derangements; indeed, there are few diseases with which this organ does not sympathise. In indigestion, there is occasionally dimness of sight and giddiness; in derangement of the liver, especially jaundice, the eye shows unmistakable signs of sympathy; in rheumatism, the eye frequently becomes dangerously affected (Plate 3, Fig. 3); in scrofula and syphilis (Plate 3, Fig, 5), this organ so far partakes of the nature of those diseases, as to endanger the sight; and in the different phases of debility of the nervous system, the eye becomes weak, dull and heavy; and although the outward signs are not so repulsively apparent as in the two last, the distress they cause to the sufferer are far from being trifling.

In this case there is often a constant dimness of sight, and a sensation as if a number of minute specks were floating before the eyes—indicating extreme weakness and relaxation of the optic nerves. Although this, and many other diseases to which

the eye is liable, may be a purely local affection, still, in the majority of cases, they are distinctly traceable to derangement of the alimentary canal, contamination of the blood, affection of the brain, and derangement or debility of the nervous system.

The treatment, in these cases, must entirely depend upon the nature of the cause; thus, if the blood be at fault, as in scurvy, scrofula, &c., means should be taken to expel that from it which irritates and obstructs; if the state of the digestive organs is the cause, that state should be looked to and remedied; and if the nervous system is deranged or weakened, such botanic remedies should be resorted to that will tend to strengthen and give tone to it—in fact, whatever the cause, it must be removed before a cure can be expected—and in relation to diseases of the eye as well as all others, we may say in the language of the late Doctor Samuel Thompson, of America,

"Work at the root and that subdue,
Then all the limbs will bow to you."

Purely local affections of the eyes, such as may be caused by a current of air, dust, &c., will, of course, yield to local applications; otherwise the above advice should be followed.

(See Eye Lotions Nos. 47 and 48.)

AMAUROSIS.

Plate 3, Fig. 4, shows the state of the eye in this disease, which is a total loss of vision, arising from paralysis of the optic nerve or retina. This may be produced by congestion of the surrounding vessels or an alteration of its structure. The eye looks almost natural, but the pupil is generally dilated and motionless; and frequently the patient experiences a sensation as if a cloud were before the eye.

We give the illustration and symptoms, not with the view that the patient should treat himself, but to caution him against using any of the common eye lotions, such as sulphate of zinc, lead, &c. Local application may do some good, but constitutional treatment is necessary in every case.

THE EAR.

The ear is the organ by which all sounds are transmitted to the brain, the air being the medium by which they are

conveyed. It is divided into an external ear, a middle portion or drum, and the internal labyrinth, on which the filaments of the nerves are spread out.

Plate 3, *Fig*, 2, is a representation of the construction of the ear; 1, is the external ear for collecting the sound: 2, the tube which conveys it inwards:—the middle portion, called the tympanum or drum; 4. the membrana of the drum on which the sound strikes; 5, the bones of the ear, which convey the vibrations inwards; 6, the eustachian tube, which transmits air into the interior of the drum; 7, the internal ear, or labyrinth; 8, the parts of the labyrinth; (*a*), the vestibule; (*b*), the semicircular canals, and (*c*), the cochlea.

THE CIRCULATION OF THE BLOOD.

The blood is the most important fluid in the body, being the source of heat, nourishment, and life itself. In the veins the blood is of a dark bluish colour, which is changed into a bright crimson in its passage through the lungs.

Plate 2, Fig. 3, represents the principal organs of circulation, the chief of which is, 1, the heart; 2, the chief artery or aorta; 3, the carotid, supplying the head and neck; 4, the branch supplying (*a*) the subclavian, and (*b*) the axillary arteries; 5, the axillary become the brachial (*c*); 6, the brachial divides into (*d*) the radial, and (*e*) the ulnar; 7, the palmar arch, supplying the fingers; 8, the coronary arteries supplying the heart itself; 9, the thoracic, supplies the muscles, &c., of the chest; 10, the abdominal arteries, supplying the diaphragm, &c.; 11, renal arteries, supplying the kidneys; 12, the aorta dividing, forms the iliac supplying the lower portions of the trunk: 13, iliac entering the thighs, becomes the femoral (*f*) and popliteal (*g*); 14, the popliteal divide into the front and back tibial, (*h.i.*) and peroneal (*j*); 15, these form the inner and outer plantar arteries (*k.l.*); 16, the superior trunk of the vena cava, or upper chief branch of the veins; 17, the inferior vena cava, or lower chief branch of veins.

At the termination of the arteries, the blood enters minute vessels called capillaries, which also communicate with the veins which, in their turn, convey the blood back to the heart.

Thus, it will be seen that the heart—which is the centre of circulation—is destined to propel the blood to even the remotest parts of the body.

PERSONAL CLEANLINESS.

When treating of the several outlets of the body, we have already shown that the skin, or the pores of it, are of great importance to the human economy, both in health and disease; we will, therefore, confine our remarks principally to the advantages to be derived from the practice of regular ablution.

When the perspiration is brought to the surface of the skin and there confined either by injudicious clothing or want of cleanliness, its residual parts are again absorbed, and act on the system as a poison of greater or less power, according to its quantity and degree of concentration; for it is an established fact, that concentrated animal effluvia forms a very energetic poison.

The substances emitted from the skin are water, carbon, carbonic acid, and occasionally, urea, phosphoric acid, and a peculiar animal oil. It must be obvious therefore, that an absorption of these agents is liable to cause disturbance and irritation, which also proves the necessity of frequent attention to the skin, both in health and disease.

The advantage of bathing the surface, with friction, is very great; it removes from the surface every species of impurity, promotes a free circulation through the minute blood-vessels, and enables the skin to perform its office without hindrance. It promotes the growth and development of the muscles, invigorates the digestive organs, and imparts increased energy to the whole system, thereby rendering it less liable to become disordered by cold or the changes of atmosphere.

The whole body should be daily, or at farthest weekly, bathed entirely over with weak ley or water, and immediately after, brisk friction with a coarse towel applied to the whole surface, until a pleasant glow pervades the whole body.

This practice we highly recommend as useful in the case of delicate persons; and bathing children regularly and often, promotes their growth and activity, and prevents scrofula, rickets, cutaneous and other diseases. The best time for this operation is morning and evening; and those who are subject to wakefulness or disturbed sleep, hysterical affections, &c., will find that by sponging the body with cold or tepid water followed by friction for a few minutes, will tend to remove these symptoms; and with open-air exercise, and properly regulated diet, they may regain their wonted health and strength sooner than the continual swallowing of *physic* without these healthful and necessary practices.

Those who practice bathing and friction of the surface will but seldom suffer from cold (the forerunner of consumption), sore throat, or similar complaints. Man studies the nature of other animals, and adapts his conduct to their constitution, but of himself he is ignorant, and himself he neglects. "If one-tenth of the persevering attention and labour," says Coomb, "bestowed in rubbing and currying the skins of horses, were bestowed by the human race in keeping themselves in good condition, and a little attention were paid to diet and clothing, the colds, nervous diseases and stomach complaints, would cease to form so large an item in the catalogue of human miseries."

But if the whole body is covered, as it where, with a varnish formed of perspirable matter, how is it possible that such person should possess sound blood, or enjoy good health? We repeat what has already been stated, that the great wonder is that disease does not, under these conditions, more generally prevail.

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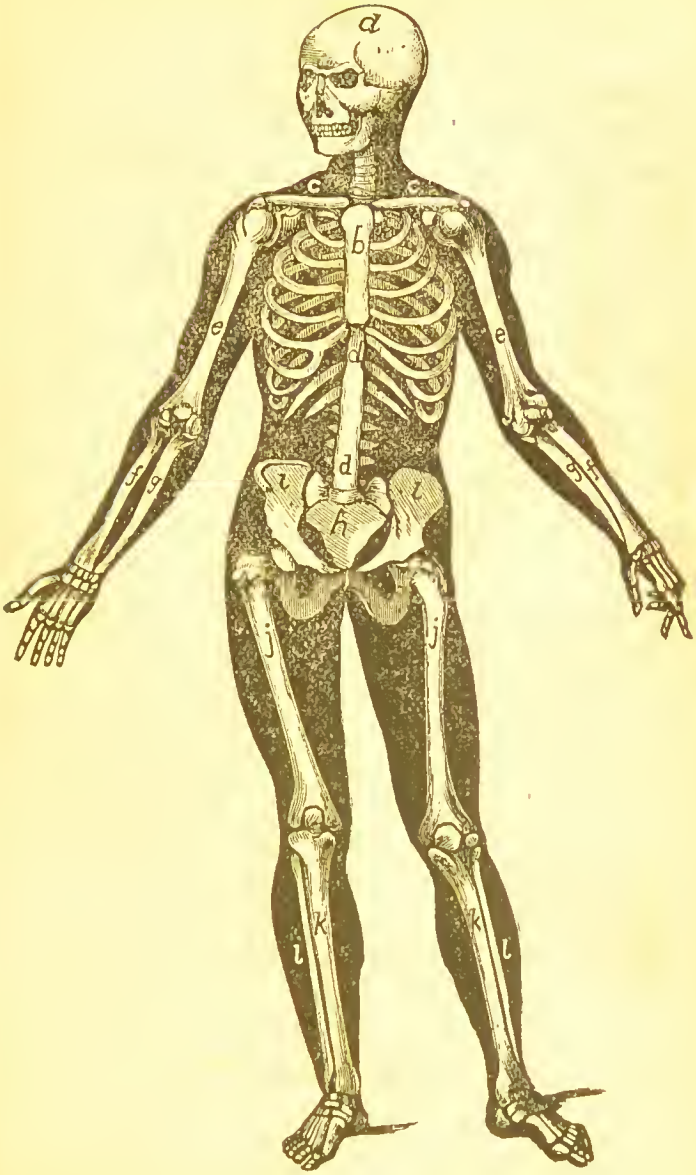
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SKELETON.



(*a*) The Skull. (*b*) Sternum. (*c*) Clavicles. (*d*) Spinal Column. (*e*) Humerus. (*f*) Ramus. (*g*) Ulna. (*h*) Sacrum. (*i*) Hip-bone (*j*) Femur. (*k*) Tibia (*l*) Fibula.

SPECIAL NOTICE.

In compliance with the request of numerous of our readers, we have arranged that any of the preparations mentioned in this work may now be had direct from our permanent establishment, or will be forwarded per post to any part of Great Britain.

For the information of those who may wish to have any of them sent we beg to state that the prices are as follows :—any of the Medicines from No. 1 to 21., 2s. 9d. per bottle, or four bottles for 10s.

Any of the Pills or Powders No. 22 to 42, 1s. per box.

The Rheumatic Liniment or Embrocation No. 43 or 44, at 2s. 9d. and 5s. per bottle.

The American Globules (page 102) 1s. 2d. per box or five boxes for 5s.

The preparation for the removal of Tape-worms (page 55) ready for use 5s. 6d.

The above prices include postage to any address or Post Office in Great Britain.

In ordering any of the above preparations, Stamps or P.O. for the amount should be enclosed; otherwise no notice can be taken of such orders.

All letters and Post Office Orders must be addressed to

S. ROSEN,

34, Boulevard,

Hyson Green.

Nottingham.

